

SMART FAMILY

➔ ISSUE 87 ➔ RS 120



BARSHA SIWAKOTI
Lights, Camera, Family!

T+
TISSOT
SWISS WATCHES SINCE 1853



TISSOT SEASTAR AUTOMATIC

SULUX CENTRE
Since 1983

SULUX CENTRE - WOODLAND COMPLEX, DURBARMARG, KATHMANDU, NEPAL
SULUX & CO. - DURBARMARG, KATHMANDU, NEPAL

FOR ENQUIRIES, PLEASE CONTACT +977-1-5322539 OR +977-9823318488

 +977-9823318488

 sulux_centre

 Sulux Centre

**BEFORE YOUR NEXT TRIP,
PUT YOUR VALUABLES IN A SAFE PLACE.**



SCAN FOR DETAILS



SUBARU

Confidence in Motion

OUTBACK

They say life is a collection of moments. That's why the Outback 2.5L Eyesight is here to accompany you through every moment and make each one count. Start all your adventures and satisfy your wanderlust with confidence. The elegantly styled Outback represents rugged go-anywhere capability, versatility to enrich any active lifestyle, and safety you can count on—all to help you reach your destination with comfort and peace of mind.

subaru.com.np

CONTENT.



STARTER

MYSTIC

- Vijayadashami- why do we celebrate it ? - 8

ONE QUESTION

- Whats your childhood memory of festivals you wish to relive? - 10

COLUMN

- Hidden Treasures of Dashain - 14

CULTURE

- The Enigma of Dashain & Tihar in Patan - 16

FASHION

- The Family Fiesta- Festive Fashion Edition! - 20



PARENTING

COLUMN

- Challenges in Nurturing Children through a Holistic Approach - 30

PSYCHOLOGY

- Teens: Balancing Space and Family - 32

COVER STORY

- Barsha Siwakoti- Lights, Camera, Family! - 26

52



FOOD

FOOD INNOVATION

- Meat in Ayurveda - 36

MUST TRY

- Family Feast Fiesta - 45

RESTAURANT REVIEW

- Hotel Barahi Kathmandu- 52

RECIPE

- Celebrating Dashain and Tihar with Culinary Traditions- 56



BODY

YOGA

- Overcoming Depression and Anxiety - 60

NUTRITION

- Nourishing Traditions: - 62

SKIN

- Skincare Routine for a Radiant Festive Look - 66

NUTRITION

- Post Festive Detox- 68



HOME

QUICKTIPS

- Creating a Zen Space- 72

HOME DECOR

- A Floral Affair- 74

VASTU

- Prosperous Entrance - 76



TRAVEL

MUST VISIT RESORT

- Find Your Festive Oasis!- 78

MARKET - 86

LAST PAGE

- Facts Vs Myths about Red Meat - 90

26





ALOFT KATHMANDU THAMEL

Designed for global travelers who love open spaces, open thinking and open expression; this is where travel creates possibilities, where style is necessary, connectivity keeps up with you; Social scenes are vibrant and the only direction is forward.



Chhaya Devi Complex, Amrit Marg, Thamel, Kathmandu, T. +977 1 5252000 F. +977 1 5252111
www.aloftkathmanduthamel.com

EDITORIAL.

As we step into the festive season, we are filled with immense gratitude and joy as we celebrate both Dashain and Tihar. This issue is a celebration of those connections, the vibrant threads of tradition, family values, and the new stories that shape who we are.

Dashain and Tihar hold deep meaning for all of us. They symbolize more than rituals and pujas; they remind us of victory—victory over darkness, over hardships, and sometimes even over our own inner struggles. These festivals inspire hope, and as we gather with our families, it is a time to reflect on the love and strength we share. This issue, we delve into the heart of Patan, uncovering ancient traditions hidden beneath the grand celebrations, reminding us that our heritage is rich with wisdom and mystery.

But what is a family without its own journey of growth? As Smart Family Magazine turns eight, we look back at how we've evolved, just as families do. Through the inspiring stories of our cover stars and contributors, we've learned what makes a family truly "smart", the values of wisdom,

resilience, and innovation that help families thrive.

In this special festive edition, we are also thrilled to present some of the most stunning fashion collections to help you shine during the celebrations, alongside health and lifestyle features designed to uplift and inspire you. Whether you're looking for ways to balance festive indulgence with Ayurveda, seeking mindfulness through yoga, or craving the warmth of a Sekuwa platter shared with loved ones, we've gathered it all here, with love, for you.

The journey has been incredible, your constant support and engagement have been our guiding light, motivating us to bring meaningful stories and inspiring content to your homes. Here's to family, festivities, and the joy of togetherness. From the entire team at Smart Family Magazine, we wish you a wonderful Dashain and Tihar, filled with love, laughter, and memories that will last a lifetime.

Happy Reading
Smart Family Magazine Team.



Visit our e-magazine

ON THE COVER:
Barsha Siwakoti and Family

VENUE: Hotel Shanker

MUA: Beauty Bar Nepal

WARDROBE: Muku Boutique

PHOTOGRAPHED BY:
Suraj Patra Bansha
Krishna Thapa

Nest

MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd

Lila Marg,
Kupondole, Lalitpur
5423036, 5424637, 9802041460
marketing.nest1@gmail.com

MANAGING DIRECTOR

Nripendra Karmacharya

FINANCE DIRECTOR

Jeena Shrestha

EDITORIAL AND MARKETING EXECUTIVE

Ritika Shakya

EDITORIAL AND SOCIAL MEDIA

Malika Joshi

PHOTOGRAPHY

Suraj Patra Bansha
Krishna Thapa

DESIGN

Aaron Karmacharya

CONTRIBUTING WRITERS

Aliza Thapa
Anjali Goel
Mamta Khatri
Madhav Mangal Joshi
Pratima Lama
Punam Shrestha
Sandeep Khatri
Sneha Agrawal
Sonal Talegaonkar
Vijay Vaidya

OFFICE ASSISTANT

Sunita Magar

PRINTED AT

Saugat Printers Pvt. Ltd

SUBSCRIBER DISTRIBUTION

Sunbir Tamang

BOOKSTAND DISTRIBUTION

Kasthamandap Distribution
4247241

SMART FAMILY magazine (Registration Number 226/073/074) is published 12 times a year. All right are reserved in respect of articles, illustration, photography, etc. published in Smart Family Magazine. The views/ideas expressed herein are those of the author's and are not necessarily those of the publisher's. While every precaution is taken, no responsibility is assumed for the return of the unsolicited material. The contents of this publication may not be reproduced in any form without the prior consent of the publisher.

Japanese beauty, crafted into
a mechanical timepiece.

PRESAGE



SEIKO BOUTIQUE AND SERVICE CENTER

CITY TIME: 1 Durbar Mall, Kathmandu, Nepal, Tel: 5332475, Facebook: seikosalonnnepal, Instagram: seikosalonnnepal Website: citytime.com.np.

KATHMANDU: • MAHALA'S, Shop No.17, #4228061, Ground Floor, Bishal Bazar, New Road, • TELE TIME CENTER, #4232327, 2nd Floor, Peanuts Building, Ratna Plaza, New Road. • CLUB MASTER HOME, #9860325015, Durbarmarg, Next to Hotel Annapurna, • THE ROYAL HOUSE, Durbar Marg, Kathmandu. • ROYAL WATCH COLLECTION PVT. LTD., 1st floor, North City Mall, Samakhushi, Kathmandu

LALITPUR: • MAHALA'S, Shop No. 119, #015520793, Labim Mall, Pulchowk, Lalitpur. **POKHARA:** • GOSHALI DEPARTMENT STORE, #061-578588, 570088. **BUTWAL:** • NEW R. K. WATCH, #071-543268, Pushpalal Park. **SURKHET:** • NEW RAMESH WATCH CENTER, #083-520036, Neta Chowk.

STARTER.

Vijayadashami

WHY DO WE CELEBRATE IT?

Dussehra, or Vijayadashami, marks the victory of good over evil and the end of Navratri's nine days of divine celebration. Honoring goddesses like Durga and Chamundi, this festival goes beyond tradition, symbolizing the triumph over inner obstacles and the path to spiritual liberation. Let's uncover the meaning behind this powerful celebration.

By Sadhguru

Navratri, culminating with Dussehra, is a cultural festival that is all about the goddess. In Karnataka, Dussehra is about Chamundi. In Bengal, it is about Durga. Similarly, it is about various goddesses in different places, but essentially, it is about the feminine divinity.

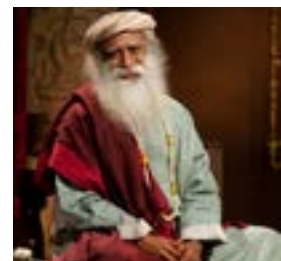
Navratri is replete with symbolism about vanquishing evil and

untamed nature, and about having reverence for all aspects of life. The nine days of Navratri are classified according to the three basic qualities of *tamas*, *rajas*, and *sattva*. The first three days are *tamas*, where the goddess is fierce, like Durga and Kali. The next three days are Lakshmi-related, gentle but materially oriented goddesses. The last three days are dedicated to Saraswati,

associated with knowledge and enlightenment.

If you invest in *tamas*, you will be powerful in one way. If you invest in *rajas*, you will be powerful in a different way. If you invest in *sattva*, you will be powerful in yet another way. However, if you go beyond all this, it is no longer about power; it is about liberation.

After Navratri, the tenth and final day is Vijayadashami, that means you have conquered all these three qualities. You participated in every one of them, but you did not invest in any one of them. You won over them. That is Vijayadashami, the day of victory. This drives home the message of how being in reverence and gratitude towards everything that matters in our lives leads to success and victory.



Ranked among the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished services.



standard
chartered



◆ Nepal's safest bank. Five times in a row. ◆

Standard Chartered Bank Nepal Limited has been rated as Nepal's safest bank for the fifth year in a row. ICRA Nepal has reaffirmed the [ICRANP-IR] AAA rating.

This rating is considered to have the highest degree of safety regarding timely servicing of financial obligations.

ICRA's proven rating methodology validates our effort and commitment to our clients, our strong fundamentals and our purpose to drive commerce and prosperity in Nepal.

We thank all our stakeholders for their support and belief.

here for
good™

What's your childhood memory of festivals you wish to relive?

We dive into cherished childhood memories of Dashsain - Tihar that our four well established personalities long to relive once again. From the thrill of flying kites during Dashain to the warmth of Tihar celebrated with grandparents, each shares their nostalgic moments of their past. We highlight how festivals once filled with togetherness, laughter, and special family traditions evoke a sense for longing for simple yet magical moments of childhood.

By Malika Joshi

➡ Sareesha shrestha

Miss Nepal Earth 2022

I still hear the faint echo of Mangal Dhun in the morning breeze as grandpa, baba, and I soared our colorful kites during Dashain. Each kite was a story, each thread a bond. Now, the skies are empty, and my heart longs to relive that magic.



➡ Anil Kesary Shah

Former Banker/ Motivational Speaker

When I think of Dashain the first thought that comes to my mind is blue skies filled with kites. My younger brother and I used to spend the entire day flying kites in our home in Kalimati. Having 'kite fights' high in the sky filled us with a thrill and exhilaration I have rarely experienced in my life. In one word Dashain for me is 'Happiness' and my heart longs to relive that magic.

CIGA Design

Blue Planet
Titanium



SWISS TIMEPIECES

DURBARMARG | BESIDES WOODLAND COMPLEX | KATHMANDU

PHONE: +977-9840003537 | FB/IG: @SWISSTIMEPIECESNEPAL

WWW.SWISSTIMEPIECESNEPAL.COM

➡ **Malvika Subba**

Media Personality

Growing up, I found festivals to be an integral part of bonding as a family. I remember being excited about tika and visiting relatives, getting money, wearing new clothes, and eating a lot. Tihar is my favorite festival; as a child, my father made it more special. I don't have both my parents now and festivals are never the same again. I would love to relive tika moments with my mom and dad and go back to being the little girl who pranced around in frocks with the money envelope in her hand.



➡ **Rehan Shrestha**

Model/Digital Creator

Celebrating Tihar with my grandparents presence was the very essence of these festivals. They embodied warmth and the true spirit of togetherness. Their presence made the festival come alive in ways words can't capture. As time has passed and many of my cousins have also moved abroad, Bhai Tika has grown smaller and quieter. Yet, my heart constantly drifts back to those cherished times when the air was rich with laughter, chaos & love!



GS
Grand Seiko



ALIVE
IN
TIME

Not just telling time, living in it.
Grand Seiko. Alive in Time.

grand-seiko.co.in #SBGA211

Heritage Collection Spring Drive



SWISS TIMEPIECES

Durbar Marg, Besides Woodland
Complex, Kathmandu.

Ph: +977 98400 03537

www.swisstimepiecesnepal.com

The Hidden Treasures of Dashain

NURTURING OUR CHILDREN'S MINDS AND HEARTS

Dashain offers psychological and emotional benefits on child development. As families prepare for Dashain, parents must emphasize traditions like tika and family gatherings which foster respect, humility, and social skills in children. Through hands-on activities and shared stories, Dashain offers invaluable lessons in patience, community, and moral values, helping children develop a strong sense of identity.

By Aliza Thapa, Media PR and Professional



As the crisp autumn air fills our lungs and the sound of distant dhime drums reaches our ears, we once again find ourselves on the cusp of Dashain, Nepal's most beloved festival. But as we busy ourselves with buying new clothes and preparing for family feasts, let us pause for a moment to consider an often-overlooked aspect of this grand celebration - its profound impact on the psychological development of our children.

In today's fast-paced world, where our youngsters are increasingly glued to screens and disconnected from their roots, Dashain offers a precious opportunity. It's not just a time for merry-making; it's a crucial period for shaping the minds and values of the next generation.

Consider, if you will, the simple act of receiving tika and blessings from elders. This age-old tradition does more than just smear red powder on foreheads. It instils in our children a deep-seated respect for their elders and a sense of humility. In a world that often prioritizes individual achievement, this reminder of our place within a larger family and community is invaluable.

The anticipation leading up to Dashain, the careful cultivation of jamara, the meticulous cleaning of homes, all of these seemingly mundane tasks are, in fact, building blocks for crucial life skills. They teach our children patience, the value of hard work, and the joy of delayed gratification. In an era of instant downloads and



The sight of colorful kites dotting the sky isn't just picturesque; it's an opportunity for children to connect with nature, develop motor skills, and engage in friendly competition.

same-day deliveries, these lessons are more important than ever.

Let's not forget the social aspect of Dashain. As extended families come together, our children learn the delicate art of social interaction. The excitement of meeting cousins they may only see once a year is palpable. These reunions are more than just play - they're crucibles for developing empathy, cooperation, and the joy of shared experiences. Such connections foster a sense of belonging within the larger family tapestry, crucial for emotional well-being.

The tradition of new clothes for Dashain isn't merely about looking fresh. Watch your child's face light up as they show off their new attire to relatives. The praise and appreciation they receive builds self-esteem and confidence. It's a lesson in presenting oneself and accepting compliments graciously, skills that will serve them well in future social and professional settings.

Dashain's outdoor activities offer a refreshing counterpoint to our increasingly digital lives. The sight of colorful

kites dotting the sky isn't just picturesque, it's an opportunity for children to connect with nature, develop motor skills, and engage in friendly competition. As families and neighbours gather to fly kites, children learn the value of community and shared traditions.

The stories of Dashain, the triumph of good over evil, the power of perseverance are not just tales to be recited. They are powerful metaphors that shape our children's worldview. At the heart of Dashain lies the story of Goddess Durga's triumph over evil, and in the Terai, Lord Rama's victory over Ravana. These narratives are powerful tools for moral development. They teach our children that challenges can be overcome, that righteousness prevails, and that there is always hope for a new beginning.

The festive atmosphere, the scent of incense, the sound of prayers, the taste of special dishes, creates a multisensory experience that imprints deeply on a child's memory. These positive associations with cultural practices help form a strong sense of identity and belonging.

But parents, guardians, and elders, the onus is on us to make these lessons explicit. We must take the time to explain, to answer questions, to relate the rituals of Dashain to the challenges our children face in their daily lives. It's not enough to go through the motions; we must breathe life into these traditions, making them relevant for a new generation.

This Dashain, I challenge you to look beyond the new clothes and sumptuous feasts. See the festival through the eyes of a child - a world of wonder, learning, and growth. Engage your children in every aspect of the celebration. Let them feel the cool mud as they plant the jamara. Involve them in the preparation of sel roti. Encourage them to ask questions about the stories and rituals.

By doing so, we're not just celebrating a festival; we're investing in the psychological and emotional wellbeing of our children. We're giving them roots in an increasingly rootless world, and wings to soar into the future while carrying the best of our traditions with them.

As you gather with your loved ones this Dashain, remember that you're not just making memories - you're moulding minds, shaping values, and nurturing the future leaders of our nation. Let's make every moment count, filled with love, laughter, and lasting impact on our children's lives.

Wishing you and your family a Dashain that nurtures both tradition and growth.

The Enigma of DASHAIN and TIHAR in Patan

What lies beneath the grand celebrations of Dashain and Tihar? Beyond the public rituals, ancient esoteric traditions quietly shape these festivals. In this article, priest Shivesh Sharma Rajopadhyaya and cultural enthusiast Ashish Mishra share personal insights into Patan's hidden spiritual practices, revealing the profound meaning behind Nepal's most beloved celebrations.

By Smart Family Team in Conversation with Priest Shivesh Sharma Rajopadhyaya and Journalist, Culture Enthusiast Aashish Mishra.



What do we really know about the deeper spiritual practices that fuel the grand celebrations of Dashain and Tihar? While we often focus on the public rituals, few of us are aware of the hidden ceremonies that unfold behind the scenes. In the vibrant city of Patan, these ancient, esoteric traditions carry profound meaning—something that is often overlooked.

To uncover this lesser-known side of Nepal's most cherished festivals, we turn to Shivesh Sharma Rajopadhyaya, a passionate young priest at the Keshav Narayan Temple, and Aashish Mishra, a cultural enthusiast deeply rooted in Patan's heritage. Through their personal insights and stories, we get a glimpse into the heart of these festivals, where rituals are not just events, but a living connection to the community's spiritual core. Join us as we journey beyond the surface, exploring the sacred, the symbolic, and the spirit of Patan's Dashain and Tihar.

In Conversation with Priest of Keshav Narayan Temple Shivesh Sharma Rajopadhyaya: Patan's Rituals Explored



Can you explain some of the lesser-known



Sacred baths are taken, and the deities are welcomed inside the Durbar Square, followed by a grand procession. The final dance is performed in front of the Taleju Pujaris courtyard, symbolizing the completion of the rituals.

rituals performed during Dashain that go beyond the public celebrations? What esoteric practices occur behind the scenes?

Shivesh Sharma: During Dashain, several lesser-known rituals occur privately within the Dashain Kotha at Durbar Square, performed discreetly by selected family members, community members, and designated gurus. These rituals, hidden from public view, aim to avoid the inauspicious exposure of the main deity. Public ceremonies, such as the Payo, Dya Kwa Bijyakigu (bringing down the God), Ga: Pyakhan (Astamatrika dance), Gathu Pyakhan (Navadurga dance), and sacrificial ceremonies (bali), are more widely known. However, behind the scenes, pujas, deity preparations, and tantric rituals meant to channel divine energy are conducted secretly, blending both Vedic and Tantric traditions. The tantric practices, including sacrifices, are performed discreetly to protect the energy, maintaining the spiritual potency of Dashain while the public rituals serve as a glimpse into the deeper, esoteric proceedings.

What is the significance of the special puja for the 9 Kumaris during Dashain? Are there hidden meanings or rituals that the public doesn't see?

Shivesh Sharma: The 9 Kumari Puja during Dashain, held in Durbar Square, dates back to ancient times and was initiated for the protection of the king and kingdom. Traditionally, starting from Ghatasthapana, each day one young girl who hasn't started her menstrual cycle and daily each kumari is added and worshipped until 9th day of Dashain to channel powerful energy that wards off evil. However, due to practical challenges, all nine Kumaris are now worshipped together on Maha Ashtami. The Kumaris represent the goddess Durga, and Ganesh and Bhairav are also worshipped alongside them. This ritual is performed out of public view to prevent any negative influences, like black magic, from misusing the high energy that gets channeled during the ritual.

Could you elaborate on the summoning of

Thecho Navadurga? What sacred rituals or preparations take place that are typically kept private?

Shivesh Sharma: Thecho Navadurga refers to the nine manifestations of Durga—Shailaputri, Bhrahmacharini, Katyayani, Chandraghanta, Kushmanda, Skandamata, Kalaratri, Mahagauri, and Siddhidatri. These statues are preserved at the Chauni museum, but the rituals and procession are not documented in scriptures. In Patan, Ga: Pyakhan deties or the Astamatrika's along with Tripura Sundari is considered and worshipped as Navadurga. The dance is performed by the Malakar caste and community, and the rituals are guided by specific traditions. Sacred bath is taken, and the deities are welcomed inside the Durbar Square, followed by a grand procession. The final dance is performed in front of the Taleju courtyard, symbolizing the completion of the rituals.

How do the rituals of Dashain and Tihar symbolize deeper spiritual beliefs within the community? What might outsiders miss in their interpretations?

Shivesh Sharma: Dashain and Tihar are much more than mere celebrations, they symbolize profound spiritual beliefs. Dashain, for instance, is viewed as an "energy sadhana" ritual, where external deities like Taleju and Aagan Chen are worshipped, representing the collective power and protection of the community. The worship of Durga during Dashain

invokes strength and protection, while the rituals, which are elaborate and often involve entire families, signify the unity and strength of the community.

Tihar, on the other hand, focuses on prosperity and inner well-being, with Lakshmi as the main deity. Rituals like Mha Puja (worship of the self) and Bhai Tika (honoring the bond between brothers and sisters) are personal and intimate, often performed within homes. While Dashain involves more public festivities, Tihar is quieter, focusing on familial bonds. Outsiders may miss the subtle distinction—while Dashain channels external energies through grand rituals, Tihar emphasizes inner peace and personal prosperity.

Are there any taboos associated with Dashain or Tihar that are important for outsiders to understand, particularly regarding the worship of deities? Shivesh Sharma: Yes, during Dashain and Tihar, certain taboos are deeply rooted in tradition. For example, after Ghatasthapana, the Dashain Kotha is separated, and no one is allowed to enter. This is because high energies are channeled through rituals and mantras, so outsiders must maintain a respectful distance. Another tradition involves the planting of jamara (sacred grass). Once this is done, members of the household are traditionally not allowed to spend the night at other's home until the jamara is extracted on Dashami. Additionally,

it's believed that clothes should not be washed until Dashami, and certain foods like pork and chicken were once prohibited, though these rules have relaxed over time.

Can you share a personal experience or story that highlights an esoteric aspect of Dashain or Tihar that most people wouldn't know about?

Shivesh Sharma: Being part of the Manmaneshwori Pujari clan, I have the privilege of participating on special dashain puja happening from Ghatasthapana onwards. One of the most significant rituals for me is the "Dya Kwaha Bijyakigu" on Saptami, where we welcome the Goddess. This ritual takes much longer than others, sometimes lasting until late evening. I remember one year, the ritual extended until 6 PM, making it one of the most unforgettable experiences of my life. Another lesser-known fact is that the rituals at Taleju often take an entire day to complete. On Saptami, the Ga: Pyakha dance, traditionally taught by Taleju's Pujari based on guidance from a dream, is performed in the afternoon,

highlighting the unique blend of myth and ritual.

In Conversation with Aashish Mishra, journalist and culture enthusiast: Celebrating Dashain and Tihar in Patan Durbar Square



What unique cultural practices in Patan stand out during Dashain and Tihar compared to other regions?

Aashish Mishra: Patan has its own distinct rituals during Dashain and Tihar that differ from regions like Kathmandu and Bhaktapur. One standout practice is the worship of Shree Manmaneshwori, a lesser-known deity worshipped in Patan. While other Durbar Squares focus on Taleju, Patan continues to revere Manmaneshwori, whose statue resides at Mulchowk. During Dashain, the

ritual called 'Dya Kwaha Bijyakigu' bringing the deity down from near Manga Hiti in a ceremony performed by specific priests from the Lichhavi period. This is a beautiful reminder of Patan's rich historical traditions, many of which remain hidden from the wider public.

For Tihar, while the general customs are similar across regions, the celebration of Mha Puja is significant. Interestingly, the celebration of Mha Puja differs only when the calendars doesn't match, due to the difference in the calculation of calendars in Patan, Kathmandu and Bhaktapur offering a unique cultural variation that adds diversity to the Tihar celebrations.

Can you describe any vibrant community events or rituals specific to Patan that encapsulate the festive spirit?

Aashish Mishra: Patan Durbar Square turns into a vibrant space during Dashain. The Mali community from Thecho performs Gathu Pyakhan, while the Rajupadhyaya community continues to honor Manmaneshwori through their rituals. The Karmacharya community performs the Taleju Puja, which is deeply symbolic of Patan's devotion to its traditional deities.

One of the most memorable community events is the ringing of the Big Bell of Patan, which happens exclusively during Dashain. This practice brings people together, creating



One standout practice is the worship of Shree Manmaneshwori, a lesser-known deity worshipped in Patan. While other Durbar Squares focus on Taleju, Patan continues to revere Manmaneshwori.



a lively and unified festive atmosphere.

How do local artisans and craftspeople contribute to the cultural fabric of these festivals in Patan?

Aashish Mishra: Local artisans are integral to these festivals, especially through the celebration of Kuchi Bhwey. This festival honors the tools and materials used by artisans throughout the year, ensuring that their craft remains respected and preserved. In an age of rapid modernization, Kuchi Bhwey prevents the erosion of traditional practices, allowing artisans to remain connected to their roots and keep the spirit of Patan's heritage alive.

What do these celebrations reveal about Patan's identity and community values?

Aashish Mishra: The festivals reflect Patan's strong historical identity. The worship of Manmaneshwori, for instance, dates back to the Lichhavi Kingdom, demonstrating the city's deep connection to its past. Mangal Bazar, the heart of Patan, becomes a bustling cultural center during Dashain, showcasing various community groups performing rituals specific to their heritage. It's a celebration of diversity, yet also a reminder of how much the city has changed. For example, kite-flying and kites stuck in the roofs

was once a common sight on the temples of Patan, but that tradition has dwindled.

Rituals such as animal sacrifices during Nawami have also seen fewer participants, reflecting the community's evolving values. Despite these changes, the essence of Patan's festivals continues to adapt, holding on to the core values of unity, respect, and cultural pride.

A Step towards Preserving the Heritage and Spirit of Dashain and Tihar

These festivals are not just about rituals but also about the artisans, communities, and traditions that bind us together. By understanding and appreciating these unique cultural elements, we can ensure that future generations continue to experience the richness of Nepal's heritage.

Let's celebrate Dashain and Tihar this year with a deeper awareness of the traditions that make our culture unique, and with a renewed commitment to preserving the essence of Patan Durbar Square and its cultural significance.

FAMILY FIESTA

FESTIVE FASHION EDITION!

As the festive season approaches, it's time to refresh your wardrobe with looks that reflect the vibrant energy of Nepal's beloved festivals: Dashain, Tihar, and Chhath. From family gatherings to festive pujas, this is the perfect opportunity to showcase traditional wear with a modern twist. Whether you're looking for timeless elegance or eco-conscious designs here's stunning creations from nine of Nepal's top designers for your celebrations. Let's take a look at these designers and their collections that will help you look your best this festive season.

By Ritika Shakya in Coordination with the Fashion Designer Center



Mishu Shrestha - MISHUS

Collection: Himalayan Chic - Simple Yet Elegant

MISHUS' winter-ready collection features sustainably sourced cashmere and silk, creating simple yet sophisticated designs that offers comfort and timeless elegance. Having made history at the Cannes Film Festival and London Fashion Week, MISHUS continues to elevate Nepali fashion with this collection.



Mukta Shrestha - Muku

Collection: Fulbari - Winter Festive Collection 2024

Muku's Fulbari collection infuses handwoven Dhaka fabric with earthy shades and intricate embroidery. Featuring sarees, anarkalis, lehengas, and jackets, this collection blends tradition and modern sophistication for a timeless festive look.

Kathmandu, September 14, 2024 – In a dazzling celebration of creativity, culture, and craftsmanship, the Fashion Designer Center (FDC) hosted the inaugural Kathmandu Fashion Week, powered by BYD, at the prestigious Radisson Hotel in Lazimpat. This invite-only event brought together nine of Nepal's most renowned designers, each presenting collections that beautifully blend tradition with modernity, offering fashion enthusiasts a glimpse into the latest trends for the festive season.

MEET THE DESIGNERS AND THEIR COLLECTIONS



Anu Shrestha - Kallisto Designs

Collection: Garden of Grace

Kallisto Designs showcases the beauty of nature with hand-painted artistry on silks like crepe and organza. This collection transforms nature's vibrant essence into elegant, wearable art that captures the delicate beauty of flowers.



Sarita Tuladhar - Swoniga Design Boutique

Collection: Elemental Essence

This eco-conscious collection draws inspiration from the natural elements—earth, fire, water, and air. Using Nepali fabrics like silk, linen, and bamboo, Swoniga celebrates Nepali craftsmanship through sustainable fashion and intricate embroidery.



Sushma Singh - Women's Planet

Collection: Ajambari

Women's Planet presents a stunning bridal and party wear collection featuring exquisite hand embroidery with pearls, beads, and sequins. Each piece in this collection embodies timeless elegance, making it truly immortal—ajambari.



Ramila Nemkul - Kasa

Collection: Frosted Elegance: Where Winter Meets Timeless Style

Inspired by winter's serene beauty, this collection features luxurious fabrics and sophisticated silhouettes, perfect for embracing the cool season with warmth and poise. Frosted Elegance invites you to experience the timeless allure of winter fashion.



Bini Bajracharya - ABiR Designers' Hub

Collection: Celebrate Nepal

This sustainable collection highlights Nepali tweed, cotton, and crochet skills. Celebrate Nepal is a tribute to the country's creativity, blending traditional fabrics with modern designs for a fresh take on fall-winter fashion.





Manish Rai - Manish Rai

Collection: Winter Hues

Manish Rai's collection is inspired by the colors and atmosphere of winter. With intricate details like pearls, crystals, and sequins, each couture piece offers opulent sophistication, perfect for festive evening wear.



Rajesh Dhakhwa- R D Chaahat Boutique

Collection: Twilight Elegance - Elegant Evening Attire

R D Chaahat Boutique is an international evening wear brand. Crafted from luxurious fabrics like satin silk, chiffon, georgette, and net, each piece is adorned with exquisite hand-embellished details, featuring glass beads and intricate sequins work.

Kathmandu Fashion Week marks a new chapter in Nepali fashion, bringing fresh perspectives and innovative designs to the forefront. As you prepare for the upcoming festivities, let these talented designers inspire your wardrobe with their unique fusion of tradition and modernity. To learn more or connect with any of these designers, feel free to reach out and explore their extraordinary collections!



neststyle
SARI | KURTI | CASUAL WEAR

Ekantakuna, Lalitpur
Insta: nest_stylektm
FB: Nest Style KTM
9801051757



COMMUNITY HOMESTAY NETWORK

Discover the Art of Kathmandu

Discover the joy of family bonding in the Kathmandu Valley through immersive, culturally rich experiences.

From crafting pottery and learning ancient scriptures to painting vibrant Mithila art, these hands-on workshops offer a unique opportunity to create cherished memories with loved ones. Engage with local artisans, share stories, and build meaningful connections with Nepal's vibrant communities. Each experience is thoughtfully designed to foster family togetherness, where culture, creativity, and tradition come alive in beautiful, authentic settings. These journeys offer more than just activities—they're windows into Nepal's soul.

Ready to explore Nepal's vibrant heritage with your family? Dive into authentic workshops, connect with local artisans, and create lasting memories through hands-on experiences in the heart of the Kathmandu Valley.

Book your cultural adventure today and share the joy of discovery with your loved ones!





BARSHA SIWAKOTI

Lights, Camera, Family!

Have you watched "Chakka Panja 5" yet? If not, you're in for a treat! Barsha Siwakoti, a talented actress, shines in this much-anticipated film. As she embarks on this exciting journey, we dive into her inspiring story and the unwavering support from her family, wishing her all the best for this new chapter!

By Ritika Shakya

Barsha Siwakoti is a well-known actress in the Nepali film industry, beloved for her talent and versatility. Her journey into acting was both surprising and inspiring, shaped by a supportive family. In this exclusive interview, we explore her experiences in the film industry, the challenges she has faced, and the key moments that have defined her career. Joining us are Barsha's mother and brother, who share their thoughts on her remarkable journey and the strong bond of their close-knit family. Together, they represent a "smart family," where love and encouragement drive ambition and growth.

You've established yourself as a talented actress in the Nepali film industry. How did your journey in acting begin, and what were some of the challenges you faced early on? It was nothing planned or prepared by me since I don't come from a film background—my family has no connections in the industry. I never imagined I

would be here. However, an opportunity arose during a college event, and I decided to accept it. Initially, my intention wasn't to become a leading actress. But my debut movie was a success, and I started receiving offers for lead roles. I feel lucky for that.

One of the significant challenges I faced was understanding the industry itself. Coming from outside, it took time to grasp the nuances—knowing the right people, the working environment, and the overall process. I had to navigate this on my own, which sometimes felt overwhelming.

What has been one of the most defining moments in your acting career so far, and how did it shape you as a performer? My debut film was a hit, even though I didn't have many scenes. However, my second movie, Pashupati Prasad, became a standout project. Everyone loved it, and despite having less screen

time, my performance resonated with audiences. Being part of a talented ensemble cast from theater helped change people's perception of my acting abilities.

It's been a decade in the industry, but many still recognize me for that particular character. While it's flattering, I also feel the challenge to broaden the audience's perspective on what I can do. I aspire to explore different roles that showcase my versatility.

Your recent role in Chakka Panja 5 has garnered a lot of attention. What drew you to this project, and what does the film represent for you? Chakka Panja is known for its successful track record, and being part of such a well-respected project was a dream. I was excited when they approached me for a special character in this installment. This role allowed me to express myself and explore my craft in a way I hadn't before, and I felt blessed to receive such a good opportunity.

The director presented my character in a different light, emphasizing my emotional range, which I believe will resonate with the audience in a fresh way. I'm eager to see how viewers will react to this new side of me.

In such a fast-paced industry, how do you find time to recharge and maintain balance in your personal life? My personal and working environments have been quite similar lately. I have a small, intimate family that understands the nature of my work. I'm very family-oriented, and when I'm not shooting, I enjoy doing household chores, playing with my pets, and spending quality time visiting relatives with my mom. This balance keeps me grounded and recharged.

When you reflect on your career and personal journey, what are the values or lessons you've held onto that keep you grounded? One of the most important lessons I've learned in my





➔ The director presented my character in a different light, emphasizing my emotional range, which I believe will resonate with the audience in a fresh way. I'm eager to see how viewers will react to this new side of me.

ten years in this industry is that success takes time. I've come to understand that you can't expect overnight achievements; hard work and patience are crucial. Every step of the journey is valuable and contributes to personal growth.

Finally, what makes your family unique? How have they contributed to your personal growth and success, and what does having a "smart family" mean to you? Could we hear a bit from your mother and brother on their thoughts about your journey?

My family has always been incredibly supportive of my career choices. They respect my decisions, which makes my personal life easier. There are no "ifs" or "buts" because they trust that whatever I do will lead to good things for me. Their support has been instrumental in helping me become who I am today. I believe a smart family stands by each other through thick and thin, and we do just that.

Barsha's Mother: I couldn't be prouder of Barsha and the journey she has embarked on. From a young age, she had a clear vision of her dream to become an actress, often expressing it in her prayers. She has always been a kind and obedient child, and seeing the incredible woman she has become fills my heart with joy.

PARENTING.

Challenges in Nurturing Children through a Holistic Approach

Parenting is a unique journey filled with challenges, joys, and endless lessons. As we strive to nurture our children, it's crucial to adopt a holistic approach—one that encompasses their physical, emotional, social, and cognitive development. In this article, we explore the common challenges parents face in this endeavor and how understanding holistic development can lead to healthier, more fulfilled children.

By Pratima Lama



What is Holistic Development? Holistic development refers to nurturing a child in all aspects, including physical, cognitive, emotional, social, and language abilities. These areas are interconnected and can significantly impact one another. Holistic development emphasizes the need to support every facet of a child's growth to help them achieve a happy and balanced life.

Holistic development has been gaining momentum globally; however, this concept remains misunderstood in our country, largely due to cultural and social influences. Some common misunderstandings include:

Overemphasis on Academic Excellence: Whenever a child's academic performance sheet is issued and spreads across social media, particularly on Facebook, a stir is often seen. Many parents mistakenly place too much importance on academic excellence, often at the expense of crucial areas of development, such as emotional well-being, social skills, and physical health (growth doesn't always equate to height).

Limited Exposure: Some parents may shield their children from fully experiencing and learning from diverse perspectives, raising them with a narrow instructional base rather than allowing them to observe and engage with the world. This limited

exposure can hinder social-emotional development. I once met a girl in UKG who refrained from participating in school extracurricular activities because her parents feared it would cause her physical stress. Many parents overvalue their love and care to the extent that they shield their children from discomfort, inadvertently stunting their opportunities for exploration and growth.

Neglecting Emotional Health: Emotional well-being is often overlooked as families prioritize success in various areas. While children are taught how to read, write, and dress, less attention is given to helping them manage and express their emotions. Learning to handle stress, happiness, success, and failure is crucial. Emotions are not inherently good or bad; they are simply feelings that need to be acknowledged. Suppressing emotional expression can lead to issues that hinder the ability to build healthy relationships.

Unbending Expectations: Society and culture today impose many expectations on children, particularly regarding school performance and behavior. High expectations can add stress and pressure, adversely affecting overall growth. A sixth-grade student shared that her parents want her to become a doctor, restricting her social interactions and subjecting her to emotional blackmail if her friends or neighbors engage in socially or culturally unacceptable actions. She expressed feeling lost and questioning her identity.

Exposure to the Internet: With widespread access to the internet, excessive screen time can impede a child's holistic development. The constant distractions and stimulation from technology can hinder concentration, critical thinking, and social skills. This isolation can have long-lasting effects on a child's emotional well-being, academic

performance, and overall development.

The holistic development of an individual requires opportunities to explore various dimensions of life, face challenges across different domains, and engage with diverse perspectives. Without such exposure, development can become one-sided, leaving individuals ill-prepared for life's challenges.

Creating opportunities to combat limited exposure includes providing an environment that encourages exploration, diversity, and growth across all life areas. This approach will help foster a more balanced and rounded development for children.



Pratima Lama, Co-founder and Trainer of Smart parenting Nepal, has 10 years of experience in parenting education. She is a certified trainer of ChildSafeNet and a facilitator of the International Child Development Program. She has worked in school consulting for 5 years and holds a post-graduate diploma in counseling psychology.

➔ **Emotional well-being is often overlooked as families prioritize success in various areas. While children are taught how to read, write, and dress, less attention is given to helping them manage and express their emotions. Learning to handle stress, happiness, success, and failure is crucial.**

TEENS

BALANCING SPACE AND FAMILY

How can families navigate the delicate balance between a teen's desire for independence and the warmth of festive traditions? In this article, psychologist Sneha Agrawal offers insights into understanding teenage behavior during celebrations like Dashain and Tihar. Discover practical strategies to foster connection and create meaningful moments that honor both family and individuality.

By Ritika Shakya in Conversation with psychologist Sneha Agrawal

Why do teenagers often seek more independence during festivals like Dashain and Tihar, and how can parents understand this need? Teenagers often seek more independence during festivals like Dashain and Tihar because these cultural events mark significant times for social gatherings, personal exploration, and self-expression. By recognizing that this search for independence is a normal part of adolescence, parents can approach the situation with empathy, facilitating a stronger bond with their teenager while respecting their need for personal growth. Parents can engage in open communication about the meaning of the festival and ensure that their teens have some time to spend with friends and cousins while also participating in the rituals.

How can families strike a balance between giving teens personal space and spending quality family time

during the holidays? Striking a balance between giving teens personal space and ensuring quality family time during the holidays can be challenging but rewarding. By establishing clear boundaries and making plans ahead of time, teens will know when family time is non-negotiable and when they have the freedom to pursue their own interests.

Give your teen a voice in planning holiday activities. When they feel they have input in how the family spends time together, they are more likely to stay engaged and participate willingly. Allowing them to spend time with friends or engage

in hobbies and personal interests shows trust and understanding.

How can parents make family traditions more appealing to teenagers without making them feel forced to participate?

Nowadays, teenagers are curious about family traditions; however, their perspectives might differ. Letting your teen be involved in planning or modifying family traditions can make them feel invested. For example, if they enjoy photography, you can ask them to document the festival.

Teenagers are more likely to engage when they can include their friends or peers. If appropriate, invite their friends to join family activities or holiday gatherings, making the experience more fun and socially engaging for them. Avoid making participation in every tradition mandatory.

Help teens understand the significance of family traditions and their origins. When they learn about the cultural, emotional, or historical value behind the rituals, they may feel more connected. Explain the stories behind these traditions in an engaging way, allowing your teen to grasp their deeper meaning.

Demonstrating your own enthusiasm for family traditions is also important. If teens see their parents enjoying the activities and participating willingly, they are more likely to follow suit.

By making family traditions adaptable, engaging, and relevant to their lives, parents can foster a sense of participation in teenagers



Teenagers are more likely to engage when they can include their friends or peers. If appropriate, invite their friends to join family activities or holiday gatherings, making the experience more fun.

Experience a **NEW LEVEL** of **LUXURY** with
THE SOALTEE HERITAGE CLUB Loyalty Program.



Soaltee Westend Premier Nepalgunj



Soaltee Westend Itahari



Soaltee Westend Resort Chitwan



Soaltee Westend Resort Nagarkot



Mithila Yatri Niwas Associate Hotel



SCAN TO JOIN

the loyalty program now to
embark on a journey of unparalleled
hospitality.

THE FIRST 5-STAR HOTEL CHAIN IN NEPAL
LEADING THE WAY IN TOURISM



STREAM
BY SOALTEE

SOALTEE
Heritage Club
Rise Beyond Measure

Get in touch with us

+977 1 4273999

reservation@soaltee.com

www.soaltee.com



without making them feel forced. The key is to respect their autonomy while creating meaningful, enjoyable moments that they can look forward to as part of the family.

When teens come home after long periods away, how can parents help them feel comfortable while also enjoying family time?

When teens come home after being away for a long period—whether due to school, travel, or other commitments—creating a welcoming and flexible environment can help them feel comfortable at home while also enjoying meaningful family time. Every teen is different; some may

want to spend time at home, while others may prefer to socialize. Understanding their personality and needs is significant. The key is to respect their need for autonomy while providing opportunities for connection in a relaxed and supportive way.

What are some signs parents should look for to know if a teen's desire for space is normal or if it's a sign of emotional issues?

It's natural for teens to seek more independence and space as they grow, but distinguishing between normal behavior and potential emotional issues can be challenging.

If a teen is not just seeking space but is completely withdrawing from family, friends, and social activities, it could be a sign of emotional distress.

A sudden and significant change in behavior, such as becoming unusually quiet, irritable, or angry, may be cause for concern. If their desire for space arises abruptly and is accompanied by a noticeable shift in mood or personality, it might indicate underlying issues.

A loss of interest in hobbies, friends, or activities they once enjoyed can be a sign of deeper emotional struggles.

Drastic changes in sleep patterns (sleeping too much

or too little) or eating habits (loss of appetite or overeating) can also indicate emotional distress.

Any sign of self-harm (such as cutting, burning, or excessive risk-taking) is a serious indicator of emotional distress.

If their academic performance suddenly drops, or they lose interest in schoolwork altogether, it may suggest emotional struggles. Lack of motivation and inability to concentrate are common signs of mental health issues.

Emotional distress can sometimes manifest in physical symptoms such as headaches, stomachaches, or chronic fatigue, even when there's no medical reason. Frequent physical complaints may point to stress, anxiety, or depression.

It's important to consult a professional if there are concerns about emotional distress, rather than labeling a teenager with a mental health condition.



SNEHA AGRAWAL CHAUDHARY is an experienced licensed psychologist with over a decade of experience in clinical psychology. Holding a Master's Degree in Applied Psychology from the esteemed University of Delhi, Sneha specializes in Cognitive Behavioral Therapy. Currently practicing at Norvic International Hospital, she is deeply committed to helping individuals navigate various mental health challenges.



३९%
सरलको सुट

Q

EMI™
an emi group company

संस्कृत-
उपनिषद्

एतस्यैवजना
अपलब्ध -



आकर्षक छुट सहित पक्का उपहार

92 महिना सफलको
LINK इन्टरनेट र
NET Free

डि. डि. का***



साउथ इंडियन
50%
सर्वतः कट

विशेष जानकारी हे.सी. लोहपत्रक उपलब्ध

Ex:q फलट लोड वासिङ्ग मेसिनगा



6kg •
Surf Excel Matic™
Free

20 Years
Celebrating the
20th Anniversary
of the Journal of
Management Education

18

3 Years
full warranty
on fly

Free
introduction

To buy online



Authorized Distributors of Samsung Consumer Electronics for Nepal



Hitem Electronics Pvt. Ltd.



Equipping the team



Summary: Customer-Care Director

NTC user: 166004-72663



1000

 facebook.com/

© 2000 Blackwell Science Ltd

FOOD.



Meat in Ayurveda

A BALANCED PERSPECTIVE FOR FESTIVE AND HIGH-ALTITUDE DIETS

Meat in Ayurveda: A Balancing Act

Ayurveda classifies food into three categories—Sattva, Rajas, and Tamas—each affecting the body and mind differently. Sattvic foods promote clarity, lightness, and spiritual growth, while Rajasic foods are energizing and support physical activity and leadership. Tamasic foods, on the other hand, are heavy and induce lethargy, which can be useful in colder climates where body warmth is crucial.

In ancient times, kings and warriors consumed meat as part of a Rajasic diet. This not only provided strength but also enabled them to lead their armies and conquer enemies. Their meals were carefully balanced by Ayurvedic practitioners to ensure that the meat did not overburden their systems. In festive contexts, such as Dashain, a Tamasic diet may be encouraged briefly to honor the occasion and provide nourishment suited to the season.

Meat, when consumed in moderation and prepared properly, plays a role in

With Dashain approaching, many enjoy traditional meat dishes. But how does this fit with Ayurveda? While often seen as vegetarian-focused, Ayurveda supports mindful meat consumption, especially in colder climates. In this article, we explore how meat can be balanced with spices and enjoyed in moderation for a healthy, festive season.

By Chef Sandeep Khatri

supporting health, especially in cold, high-altitude regions. Fat-rich foods, such as mutton or lamb, help maintain body warmth and provide essential fat-soluble vitamins, which are crucial in regions with limited access to fresh vegetables and fruits. Ayurveda teaches that even meat can be medicinal when consumed in the right way and at the right time.

Meat Classification in Ayurvedic Cuisine

Ayurveda goes further by classifying different types of meat according to their properties and effects on the body. The Charaka Samhita and Sushruta Samhita, two foundational texts of Ayurveda, provide detailed descriptions of animal meats

and their health benefits. Here's a brief overview of how some meats are classified in Ayurveda:

Mutton (Goat Meat): This is one of the most recommended meats in Ayurveda due to its lightness and easy digestibility. It's often prescribed for people with Vata dosha as it helps build strength and nourishes tissues without aggravating other doshas. Goat meat is frequently used in soups and broths to restore health in debilitated individuals.

Chicken: Best suited for Vata types, chicken is considered nourishing and energizing. Dark meat, in particular, is more beneficial for people with a Vata constitution, while the white meat can balance Pitta and Kapha types. It is often used in Vata-related disorders and is praised for its aphrodisiac properties.

Fish: Ayurveda recommends fish for Vata individuals, particularly freshwater fish, which is lighter than its saltwater counterpart. Fish is known for its ability to strengthen the body and is



In festive contexts, such as Dashain, a Tamasic diet may be encouraged briefly to honor the occasion and provide nourishment suited to the season.

regarded as an aphrodisiac as well.

Pork and Beef: Both are considered heavy and not commonly recommended in Ayurvedic cuisine. However, beef is sometimes used in moderation for Vata types under specific conditions, such as treating emaciation and dry cough.

Sheep: While sheep's meat is nourishing, it is heavy to digest and better suited for people with a strong digestive fire, particularly in colder climates where body warmth and strength are paramount.

Ayurveda's Guidelines for Consuming Meat

Ayurveda stresses the importance of digestive capacity (Agni) when consuming heavy foods like meat. Here are a few key principles to consider:

Balance with Digestive Power: Meat is considered heavy (Guru) and requires a strong digestive fire to process. Individuals with weak digestion should avoid meat or consume it in very small quantities, as undigested food can lead to the buildup of Ama (toxins).

Moderation: While meat may be necessary in cold climates or special circumstances, Ayurveda recommends moderation. Excessive meat consumption can lead to Rajas and Tamas qualities, negatively affecting both mind and body.

Cooking Methods: The preparation of meat is crucial in Ayurveda. Cooking meat with digestive spices like ginger, cumin, and black pepper helps to mitigate its heavy properties and makes it easier to digest. Simple



Whether in times of celebration or survival, Ayurveda offers a time-tested guide to incorporating meat healthily and respectfully into one's life.

preparations, such as soups or lightly spiced broths, are often recommended.

Avoidance of Processed Meat: Ayurveda discourages the consumption of processed, salted, or preserved meats, as these foods are devoid of their natural nutrients and can lead to various health issues.

Conclusion

As the Dashain festival approaches, it's important to approach meat consumption with mindfulness, particularly through the lens of Ayurveda. In cold, high-altitude regions where agriculture is limited, meat plays an essential role in maintaining health. However, the key lies in balance and moderation. By following Ayurvedic principles—paying attention to the type of meat, the individual's digestive power, and proper preparation—meat can be a nourishing part of a holistic, balanced diet. Whether in times of celebration or survival, Ayurveda offers a time-tested guide to incorporating meat healthily and respectfully into one's life.

How to Identify Your Dominant Dosha

In Ayurveda, the dominant dosha of an individual can be identified by observing various physical, mental, and behavioral traits. Here are some key characteristics associated with each dosha:

Vata (Air & Space):

Physique: Lean, light, and often underweight with dry skin and cold extremities.

Energy: Irregular energy patterns, fluctuating between bursts of energy and exhaustion.

Mood: Tendency towards anxiety, worry, and restlessness.

Digestion: Prone to bloating, gas, and irregular digestion.

Pitta (Fire & Water):

Physique: Medium build, with a tendency to gain or lose weight easily.

Skin: Oily, prone to rashes or acne, sensitive to heat.

Energy: High energy levels, but can become easily irritated or stressed.

Mood: Prone to anger and frustration when imbalanced.

Kapha (Earth & Water):

Physique: Sturdy, heavier build, with a tendency to retain weight.

Skin: Smooth, moist, and often cool to the touch.

Energy: Slow and steady energy, prefers relaxation.

Mood: Calm, composed, but may become overly complacent or lethargic.

If you're curious to know your dominant dosha, you can also search online for "Find My Ayurvedic Dosha" quizzes. By answering a few simple questions about your physical and mental traits, you can get a clear understanding of your dosha type. This can help you adjust your diet, lifestyle, and wellness routine for better balance.

Ayurvedic BBQ Mutton Recipe

Ingredients:

- 500 grams mutton, cut into medium-sized pieces
- 2 tbsp ghee (clarified butter)
- 1 tbsp fresh ginger paste
- 1 tbsp garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp fennel seeds, roasted and ground
- 1 tsp black pepper powder
- 1 tsp garam masala
- 1 tsp paprika (optional, for color)
- 1 tbsp lemon juice
- 1 cup yogurt (preferably homemade or probiotic-rich)
- 1 tsp Himalayan pink salt (or to taste)
- Fresh cilantro, chopped, for garnish

Ayurvedic Elements

Ginger, Garlic, Turmeric: Heating spices, good for digestion (balances Kapha).

Fennel and Cumin: Cooling spices to balance the heating nature of the meat (balances Pitta).

Ghee: Promotes digestion and is a sattvic (calming) fat source (balances Vata).

Yogurt: Adds probiotics and cooling qualities to balance the heat of the BBQ.



CELEBRATING 35 YEARS

Happy Bijaya Dashami

FROM SANA HASTAKALA FAMILY





Preparation

Marinate the Mutton:

In a large bowl, mix the yogurt, ginger paste, garlic paste, lemon juice, turmeric, cumin, coriander, fennel, black pepper, garam masala, paprika, and salt.

Add the mutton pieces to the bowl and coat them well with the marinade.

Cover the bowl and let the mutton marinate for at least 3 hours, preferably overnight in the fridge. This allows the spices to deeply penetrate the meat.

Prepare the BBQ Grill:

Preheat your BBQ grill to medium heat.

If using a charcoal grill, allow the coals to become hot and ashy.

Cooking the Mutton:

Skewer the marinated mutton pieces or place them directly on the grill grates.

Cook the mutton for about 8-10 minutes per side, or until fully cooked and lightly charred on the outside. Brush with ghee halfway through the cooking process to keep

the meat moist and add a rich flavor.

Remove from the grill and garnish with freshly chopped cilantro before serving.

Serving Suggestion: Serve the BBQ mutton with a side of warm naan bread, a fresh cucumber-mint salad, and a glass of Ayurvedic spiced buttermilk for a cooling, balanced meal.



Chef Sandeep Khatri, Pakmharishi, a Glion-educated culinary expert, integrates psychology and food technology, champions Raithane Food, minimizing post-harvest losses, and advocates zero waste.

Where the good times roll ...
... with a touch of heritage!



BANQUETS · CONFERENCES · EVENTS · EXHIBITIONS



Sanepa, Lalitpur-2
015905723, 015905724, 9851315536
heritagegarden2016@gmail.com
www.heritagegarden.com.np
Old Gyanodya School Premises



Genusians

Shine at the World Scholar's Cup 2024 Global Round in Bangkok

The MYP Genusians from Genius IB World School showcased their brilliance at the Global Round of the World Scholar's Cup 2024, held in Bangkok, Thailand, from August 30th to September 3rd. Over the course of an exhilarating week, the students immersed themselves in a whirlwind of knowledge and learning, competing against scholars from around the world in debates, collaborative writing, and the Scholar's Bowl. Their intellectual passion, creativity, and teamwork stood out as they navigated the challenges with confidence and enthusiasm.

Beyond the academic arena, the Genusians indulged in unforgettable adventures around Bangkok, enjoying fun-filled moments at Dreamland, Dreamworld, Sea Life, and

Madame Tussauds. These experiences added a perfect balance of excitement and exploration to their journey, allowing the students to bond and create lasting memories while experiencing the cultural and recreational wonders of Thailand.

Capping off this incredible week, the Genusians' remarkable performance earned them a prestigious spot in the Tournament of Champions, set to take place at Yale University, USA. This accomplishment is a testament to their hard work and dedication, and the team is now eagerly preparing for the next stage of their academic journey, where they will represent their school and Nepal on the world's most prestigious academic platform.

**“Cultivating Curiosity for
Better Tomorrow”**



Lubhu, Mahalaxmi Municipality - 8, Lalitpur
E-mail: info@geniusschool.edu.np
Tel: 01-5582564/65, 9861168031



Early Years
Programme



Primary Years
Programme



Middle Years
Programme



  
@Genius School

Celebrating



GENIUS

IB WORLD SCHOOL



Leading IB PYP Authorized and MYP Candidate School

**“Cultivating
Curiosity for
Better Tomorrow”**



**Early Years
Programme**



**Primary Years
Programme**



**Middle Years
Programme**



**Customized Curriculum
Workshop based Model**

**Strong Co-curricular Activities
National and International exposures**

Service Action



@Genius School

Lubhu, Mahalaxmi Municipality - 8, Lalitpur, Nepal
Tel: 01-5582564/65, 9861168031, E-mail: info@geniusschool.edu.np

 **SWITCH TO**
WORLDLINK



Wi-Fi EXPRESS

अब घरमा

पनि Wi-Fi !

**घर बाहिर पनि
Wi-Fi !**

For More Information

Dial: 01-5970050 | 9801523050 www.worldlink.com.np | facebook.com/wlink.np

Family Feast Fiesta Where Every Bite Matters



WHERE EVERY BITE MATTERS

F I F T H S E R I E S

Welcome back, Smart Family! We're so happy to have you with us for the fifth chapter of our "Family Feast Fiesta" series, and this one is all about the holidays!

By Smart Family Food Team

This festive edition brings you delicious dishes from your favorite restaurants, each earning the Smart Food tag for their amazing taste. Whether you're enjoying a quiet meal at home or celebrating with loved ones, these dishes are sure to make the season even more special.

What's Festive?

From cozy classics to new flavors, we've got something for everyone. These meals are made to bring joy to your table and warmth to your heart.

Join the Celebration!

Tried one of our featured dishes? Share your festive food moments with us! Post on Instagram or Facebook using #SmartFamilyFood and tag us. We'd love to see how these dishes have made your holidays even brighter.

Here's to making every meal a little celebration!

Gnocchi Pomodoro E Basilico



Rs. 985

Piano Piano South's Gnocchi Pomodoro E Basilico is a delightful dish that every family should try. The gnocchetti, soft and fluffy, made from a combination of potatoes and ricotta cheese, provides a perfect base for a rich and flavorful meal. Topped with sweet cherry tomatoes, fresh basil pesto, and a generous sprinkling of Grana Padano, this dish brings a burst of authentic Italian flavor to the table. Its comforting, homey feel makes it ideal for family gatherings, where sharing food is all about connection and joy. The blend of textures and rich flavors creates a memorable experience that's perfect for families who want to enjoy something both delicious and comforting.



Tucked away in the peaceful streets of Bakundole, Lalitpur, Piano Piano South offers a serene dining experience that transports guests straight to Italy. The intimate garden setting, combined with authentic Italian cuisine, creates an atmosphere perfect for both casual family dinners and special occasions.

PIANO PIANO
italian food & wines

Piano Piano South Restaurant
Bakundole, Lalitpur 44600
01-5919304

**DON'T THINK TWICE.
CHOOSE US**



Royal Sofa Set



9 Seater & Center Table

About Furnitures:

Solid teakwood | Handcarved | 5 years warranty in wood & foam Turkish fabric | High density foam Duco polish

We also have :

Turkish carpets | Rugs | Curtains & all furnishing items

We do customize orders too.

More Details:



📞 9841019938
📍 Dillibazar, Kathmandu
📱 @mangaldecorofficial



Dressing Table

Buff Pepper Steak



Rs. 990



Pepper steak is a delightful dish that brings families together over a shared love for rich, flavorful cuisine. The marinated buffalo tenderloin, expertly seared to perfection, offers a tender and juicy bite, enhanced by the aromatic blend of garlic, rosemary, and a splash of red wine. The addition of marinated mushrooms adds depth and sophistication, making it a memorable dining experience. Families will appreciate the hearty portions, which encourage sharing and conversation, creating a warm and inviting atmosphere perfect for bonding over a delicious meal.



Located across from St. Mary's Gate 1 in Jhamsikhel, The Bell Bar & Bistro is a family-friendly eatery specializing in handcrafted pizzas, panuozzos, pasta, steaks, and desserts. With a cozy ambiance and a diverse menu, it's the ideal spot for families to enjoy quality time together over delicious food.

The Bell Bar & Bistro
Opposite St Marys, Jhamsikhel
Road
9806145807

FESTIVE OFFER



NABIL DHUKKA GHAR KARJA

The Solution for Your Dream Home!

नबिल भए ढुक्क

Attractive
Interest Rate



Free Issuance of Credit Card



NABIL BANK®

TOGETHER AHEAD

☎ 01-5970015 ✉ customercare@nabilbank.com 🌐 www.nabilbank.com

Tandoori Chicken

Rs. 670



Tandoori Chicken from The Society - Fine Dining Redefined is a must-try for families because it offers a shared experience that combines rich, flavorful cuisine with a sense of togetherness.

The dish is hearty, comforting, and versatile, perfect for family members of all ages to enjoy. It's mild heat, smoky aroma, and juicy tenderness make it appealing even for picky eaters, while the blend of traditional spices adds depth for those who appreciate bold flavors. It's also a healthy choice, offering lean protein with minimal oil, so parents can feel good about serving it. A family meal at The Society turns into a memorable culinary adventure that everyone will savor!

The Society Fine Dining Redefined, a serene oasis in Chandol, Kathmandu, offers luxurious, multi-cuisine dining for every taste. Their spacious family restaurant features a dedicated kids' play area, perfect for family outings. With valet parking for your convenience, choose from inviting indoor seating, a scenic outdoor terrace, or exclusive VIP sections. Immerse yourself in a captivating atmosphere, enjoying everything from authentic Nepali delicacies to global flavors. Whether you're savoring a family dinner or celebrating life's special moments like birthdays, engagements, and baby showers, The Society ensures every visit is unforgettable. At The Society, every meal becomes a cherished family memory, making it the perfect destination for families seeking an extraordinary dining experience.

The Society
FINE DINING REDEFINED

THE SOCIETY
Fine Dining Redefined
Chandol-4, Kathmandu
9851357763

MEET OUR BOLANBURG COLLECTION

**shabby chic with a
touch of down-home
country**

VISIT OUR SHOWROOM

 TRIPURA MARG | TEKU | KATHMANDU
 + 97715921192  9702639957
 ashleynp@homecomforts.com.np
 @ashleyfurniturehomestorenepal

Opening Hours

Sunday - Friday / 10:00AM - 7:00PM
Saturday / 11:00AM - 5:00PM

Scan to
WhatsApp Us



Hotel Barahi Kathmandu

INDULGE & UNWIND IN LUXURY

Hotel Barahi Kathmandu is a remarkable dining destination nestled in a tall building at the heart of Kathmandu. With its minimalistic yet striking interiors and stunning views of the valley, the Sky Deck Restaurant (7th floor) and Infinity Bar (9th floor) offers a serene escape for diners. Perfect for lunch, dinner, drinks, or a leisurely swim, and also a hub to experience premium banqueting. The menu features a diverse range of multi-cuisine dishes while embracing local flavors, including complimentary Nepali chips served with hummus. This Dashain, Barahi invites you to celebrate with loved ones, combining exceptional food and high-end hospitality with a warm, festive atmosphere right in the city.

By Malika Joshi



HIMALAYAN TROUT

Himalayan Trout is a delicately flavored fish that beautifully captures the essence of Nepalese cuisine. Pan-seared to perfection, this organic trout is seasoned with local spices and herbs, enhancing its rich, buttery texture. It is elegantly presented on a bed of creamy mashed green peas and caramelized beetroot sauce, providing a vibrant contrast. The dish is accompanied by sautéed mushrooms. Himalayan trout, its presentation, aroma, and its fulfilling taste was an experience on its own.



CHICKEN SALAD BOWL

The chicken salad bowl is a healthy, refreshing appetizer that perfectly balances lightness and protein. Each bite is filled with crisp, fresh vegetables that provide a vibrant crunch, while tender pieces of chicken and boiled eggs add satisfying texture and richness. The dish delivers a nutritious blend that's perfect for those looking for a flavorful, yet guilt-free start to their meal.



CHICKEN ROULADE

Chicken Roulade is a classic French dish featuring tender chicken breast flattened and stuffed with a delectable mix of creamy cheese, succulent chicken or ham, and fresh spinach. Rolled to perfection, the chicken is seared in olive oil, locking in its juices, and cooked until beautifully tender. Sliced into elegant rounds, the roulade is served alongside velvety mashed potatoes, seasonal vegetables, and a thyme jus that adds a fragrant herbal note to the dish. This meal was a sophisticated yet satisfying indulgence.



SEKUWA PLATTER

The Sekuwa Platter, a special Dashain treat not found on the regular menu, offers a tender combination of skewered and grilled chicken and mutton. Each piece of meat is marinated in a blend of local spices and then cooked to perfection in a traditional clay oven. The sekuwa were succulent, tender bites with the spices deeply infused into the sekuwa. Served on a grill pan to keep the juiciness in stored with homely tomato achar, this dish is perfect for sharing, making it an ideal centerpiece for festive gatherings.



DASHAIN FEAST SET

This Dashain special dish brings the perfect balance of sweet and savory taste, combining the crispy texture of selroti with the soft, spiced mutton that melts in your mouth. The pairing is a tribute to the warmth and joy of the Dashain-Tihar festival, capturing the authentic flavors of Nepal. The plate is completed by set of tangy aalu achaar, karela achaar, a refreshing salad, and local aila. The sweet-savory harmony makes each bite comforting and full of nostalgia.

KHASI KO BHUTTAN

Khasi ko bhuttan, a beloved dish during Dashain celebrations in most Nepali households, has now found its way into luxury dining. The goat's intestines are meticulously boiled to achieve the perfect softness, then stir-fried to create a delightful crunch. Sautéed with onions and chilies, this dish offers a subtle blend of spices, invoking the rich, nostalgic flavors that bring us closer to home. Its an ideal indulgent dish to enjoy with a drink. .



Chef Shambhu Singh Nagari, a talented head chef, began his culinary journey in Mumbai, India, where he trained and honed his skills over a span of 10 years. With over a decade of experience, he specializes in multi-cuisine dishes, particularly Italian and continental flavors. This Dashain, Chef Shambhu has crafted a vibrant menu with his team for the highly demanded hub at current times the sky deck restaurant at Hotel Barahi kathmandu

TCL

INSPIRE GREATNESS

CELEBRATE
GREATNESS
TOGETHER



NEPAL'S BIGGEST TV



98"



5
CMF PHONE 1
ON LUCKY DRAW

Up to
1,63,500/-
Cashback*

**SURE-SHOT
GIFTS***



FREE*
INSTALLATION

FOR X-CHANGE & EMI

CGx Elex



सो योजना अर्को ०३. ००८९ लेखि लेखेर अनिवार्य रूपले निम्नित अवधिमा लागू गर्ने छैन।

*TERMS & CONDITIONS APPLY. PRICES ARE INCLUSIVE OF VAT. TAXES ARE APPLICABLE AS PER NEPAL GOVERNMENT B.S.L.

CG ELECTRONICS

CUSTOMER CARE
TOLL FREE NO. 966 00 102 211
9851202211

FOR DEALERSHIP INQUIRY
9851189357



TCL Nepal



TCL Appliances-Nepal



tcnepal



TCL Appliances-Nepal

CG Digital: RAVIBHAWAN: 01-5376049, 5381749 | UWTC: 01-4117002, 4117114 | NAYA BAZAR: 01-4964072, 4961029 | RADHEY RADHEY: 01-6638472, 6638871 | KIRTIPUR: 01-4331140, 4333241 | HATTIGAUJA: 1-4376815, 5901801 | BASUNDHARA: 01-5911023, 5911024 | JORPATI: 01-5134067, 5134187 | GATTHAGHAR: 01-5913182, 5913183 | TEKU: 01-5914179, 5914379 | BISHALNAGAR: 01-4531837, 4511269 | POKHARA: 061-5911112, 5911113 | BANEGA: 011-665679, 665688 | BHARATPUR: 056-538020, 5380230 | ITAHARI: 025-581126, 581136 | DAMAK: 023-578444, 578445 | HIETAUDA: 057-590778, 590779 | BIRTAMODE: 023-591158, 591159 | SASWATDHAM: 078-590654 | BIRGUNJ: 051-592135, 592136

Celebrating Dashain and Tihar with Culinary Traditions

R E C I P E S F R O M R E N O W N E D C H E F S

Dashain and Tihar, Nepal's most significant festivals, are synonymous with joyous gatherings, vibrant celebrations, and, of course, mouth-watering feasts. These festivals provide an opportunity for families to come together, honor traditions, and share in the rich flavors of Nepali cuisine. This year, we bring you innovative recipes that add a contemporary twist to traditional favorites, courtesy of some of the country's most celebrated chefs. Whether you're looking to explore healthy probiotic drinks, traditional pickles, or delightful cakes, these recipes are perfect for your festive table.

By Smart Family Food Team in Coordination with Chef Sandeep Khatri

Tara Adhikari

*Probiotic Wellness
Beverages for the Health-
Conscious Family*



Tara Adhikari, a celebrated mixologist known for his exotic cocktails worldwide, is pivoting toward a healthier future with a focus on wellness beverages. His expertise in probiotic and fermented juices brings a refreshing and nutritious approach to festive drinks. Tara is also launching a wellness juice bar in Dubai, catering to the health-conscious elites rituals, art, and healing practices. They

serve as a bridge between culture's past and present.

How to Make Regular Juice Fermented and Probiotic

To ferment regular juice and enhance its probiotic content, follow these simple steps:

- **Choose Your Base:** Select fresh, organic fruits or vegetables. Common choices include apples, carrots, and beets.
- **Juicing:** Extract the juice using a juicer. Strain the juice to remove pulp, if desired, for a smoother texture.
- **Add a Starter Culture:** To initiate fermentation, add a starter culture like kefir grains, water kefir, or a spoonful of raw, unpasteurized sauerkraut or pickle brine. You can also use a store-bought probiotic capsule.

- **Sweeten (Optional):** If desired, add a small amount of natural sweetener like honey or sugar to help the fermentation process. This step is optional, depending on the sweetness of your fruit.

- **Fermentation:** Pour the mixture into a clean glass jar, leaving some space at the top. Seal it loosely with a lid or cover it with a cloth to allow gases to escape.

- **Let it Ferment:** Store the jar at room temperature for 1-3 days, tasting daily until it reaches your preferred level of tanginess.

- **Refrigerate:** Once fermented to your liking, seal the jar tightly and refrigerate to slow down the fermentation process. Your probiotic juice is now ready to enjoy!

Signature Wellness Beverages

Grapefruit Coriander

Ingredients:

- 15 ml fermented grapefruit coriander
- 40 ml grapefruit puree/concentrate
- 2 slices fermented grapefruit
- 2 slices of tangerine (available in October)
- Garnish: Rosemary, mint, za'atar, or sage

Elderflower Gazoz

Ingredients:

- 2 pcs fermented plum (available in October)
- 10 ml liquid from fermented plums
- 10 ml syrup from local herbal plants (such as neem or basil)
- 1 cucumber slice, peeled and spiralized
- 2-3 slices of plum
- Garnish: Mint, basil, or thyme



Berry Passion

Ingredients:

- 40 ml mixed berry puree (use local berries like mulberries or blackberries)
- 5 ml lemon juice (freshly squeezed)
- Garnish: Half a strawberry, 2-3 blueberries, and a sprig of red currant, mint, basil, or rosemary

Tropical Delight

Ingredients:

- 45 ml passionfruit puree
- 15 ml fermented pineapple juice (or use fermented papaya as an alternative)
- 1 passionfruit (half pulp for garnish)
- Garnish: Banana leaf, bamboo leaf, mint, basil, or rosemary

Chef Nisha Shrestha

A Passion for Empowerment and Tradition



Nisha Shrestha is a versatile chef with a rich background in international cuisine, having worked in the Maldives and several other countries. As she continues her postgraduate studies, she balances her time between family life and offering free baking courses, empowering women through entrepreneurship.

Banana: The Versatile Fruit

A festival without food is like a celebration without joy, and what better way to add sweetness and tradition

to your festivities than with the versatile banana? With their delightful taste and nutritional value, bananas are a staple in countless cultures worldwide. Often used as offerings to deities, they symbolize prosperity, abundance, and happiness.

Nutritional Value

- Potassium: Essential for heart health and blood pressure regulation.
- Vitamin B6: Important for brain function, mood regulation, and immune health.
- Vitamin C: An antioxidant that boosts immunity and protects cells from damage.

Caloric Content:

A medium-sized banana contains approximately 105 calories, depending on its size.

A Flavorful Festival Feast

Raw Banana Achar and Ripe Banana Cake

Raw Banana Achar

A tangy and delightful raw banana achar serves as a

versatile condiment that enhances any meal. This traditional Nepali pickle is delicious and packed with nutrients, offering a firm texture and slightly sweet taste with a burst of flavor from the spices.

Ingredients:

- 4 large raw bananas
- 2 large raw potatoes
- 1 tsp fenugreek seeds
- 2 tbsp flax seeds
- 2 tbsp hemp seeds
- 2 tbsp white sesame seeds
- 5-6 green chilies
- Fresh coriander
- Salt (to taste)
- Turmeric (to taste)
- Lemon concentrate (to taste)
- 50 ml mustard oil (or to taste)

Instructions:

Prepare the Vegetables: Peel the bananas and potatoes. Wash thoroughly with cold water to remove excess starch. Cut the bananas and potatoes into desired shapes and sizes. Soak in water to prevent oxidation.



Boil the Vegetables:
Bring a pot of water to a boil. Add the potatoes first, as they take longer to cook. After the potatoes are halfway cooked, add the bananas. Boil until both are tender but not mushy. Drain and set aside to cool slightly.

Roast the Seeds:
Roast the flax, hemp, and sesame seeds separately in a dry pan until they release their aroma and become slightly browned. Let them cool completely.

Prepare the Aromatics:
Finely chop the fresh coriander and cut the green chilies.

Grind the Seeds:
Grind the roasted seeds into a fine powder.

Make the Tadka:
Heat mustard oil in a pan until hot. Add fenugreek seeds and fry until they turn dark (avoid bitterness). Quickly add the chopped chilies and remove from flame to prevent burning. Stir in turmeric powder.

Combine Ingredients:
Pour the hot oil mixture over the boiled bananas and potatoes. Add the ground seeds, salt, chili powder, lemon concentrate, and chopped coriander. Mix well. For a thicker consistency, mash some of the potatoes.

Tips:

- Adjust spices to taste.
- Store the achar in an airtight container in the refrigerator for up to three days.

Serving Suggestion:
Raw banana and potato achar pairs beautifully with pulao or selroti (a Nepali deep-fried sweet bread) and can also be enjoyed as a flavorful appetizer with drinks.

Banana Cake

Introducing a delightful and nutritious snack perfect for all ages: Banana Cake. This classic dessert not only tastes amazing but is also convenient and healthy, making it ideal for travel.

Ingredients:

- 3 very ripe bananas (with black skin for best binding and aroma)
- 2 whole eggs
- 50 ml oil
- 100 g sugar
- 200 g flour
- 120 ml milk
- 5 g baking powder
- 5 g baking soda
- 1/4 tsp cinnamon powder
- 5 ml vanilla essence
- 2 g salt
- 50 g chocolate chips or chopped dark chocolate (optional)
- 1 medium ripe banana (for decoration, optional)
- Walnuts (to taste, optional)

Instructions:

Prepare the Bananas:
Mash the ripe bananas thoroughly.

Combine Wet Ingredients:
In a separate bowl, break the eggs and add sugar. Beat until the sugar dissolves.

Mix Dry Ingredients:
In another bowl, combine the flour, baking powder, baking soda, and salt. Sift to ensure a smooth texture.

Combine Wet and Dry

Ingredients:
Add milk, vanilla essence, and mashed bananas to the egg mixture. Gradually mix in the dry ingredients until combined. Finally, add the oil and emulsify the mixture.

Prepare the Mold:

Grease and flour a cake mold. Pour the batter into the mold, leaving some space for rising. Optionally, place sliced medium ripe bananas or walnuts on top.

Bake the Cake:

Preheat your oven to 175°C (350°F). Bake for 25-30 minutes or until a toothpick inserted comes out clean. Avoid opening the oven door for the first 10-15 minutes to ensure proper rising.

Final Touches:

After baking, dust the top lightly with flour or cocoa powder. Invert the mold onto a clean surface. If the cake rises too much, gently press down to level it. Let it rest for 10-15 minutes to retain moisture.

Serve:

Once cooled, demold the cake and allow it to cool completely before slicing. Serve warm or at room temperature, and consider pairing it with a scoop of ice cream for added indulgence.

Tips:

- For a richer flavor, substitute brown sugar for granulated sugar.
- For a gluten-free option, use gluten-free flour.
- Add a tablespoon of apple cider vinegar to the wet ingredients for a more moist cake.

Chef Bikram Adhikari

A Pioneer in Vegan and Ayurvedic Cuisine



Bikram Adhikari is a culinary genius known for his innovative vegan and Ayurvedic menus. Having established various successful restaurants across India and Nepal, he brings his expertise to the festive table with recipes that are healthy yet indulgent.

Chef's Special

Beaten Rice Crumbed Cheesy Rice Balls

Ingredients:

- 250 g red or black rice (or any variety)
- 150 g Kanchan or yak cheese



- 100 g beaten rice (blend into a fine powder or breadcrumbs)
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp chopped garlic
- 1 tbsp clarified butter or regular butter
- Salt and pepper, to taste
- Chili, to taste
- 1 beaten egg (or batter made from flour)
- Timbur (optional)

Instructions:

Soak the Rice:
Soak the rice in water for half an hour.

Cook the Rice:

Cook the soaked rice until sticky, adding a bit more water if needed. Once cooked, let it cool.

Prepare the Mixture:

In a bowl, combine the cooled sticky rice with all the spices and cheese. Mix well.

Shape the Balls:

Form the mixture into round balls of your desired size.

flour batter. Then, roll them in the beaten rice to coat.

Fry the Balls:

Heat oil in a pan until it reaches a smoky temperature. Reduce the heat and fry the rice balls until golden brown.

Serve:

Serve hot with your choice of sauce or chutney. Enjoy!

Coat the Balls:

Soak the shaped rice balls in beaten egg or coat them with

juliescakes.com.np



21
ANNIVERSARY

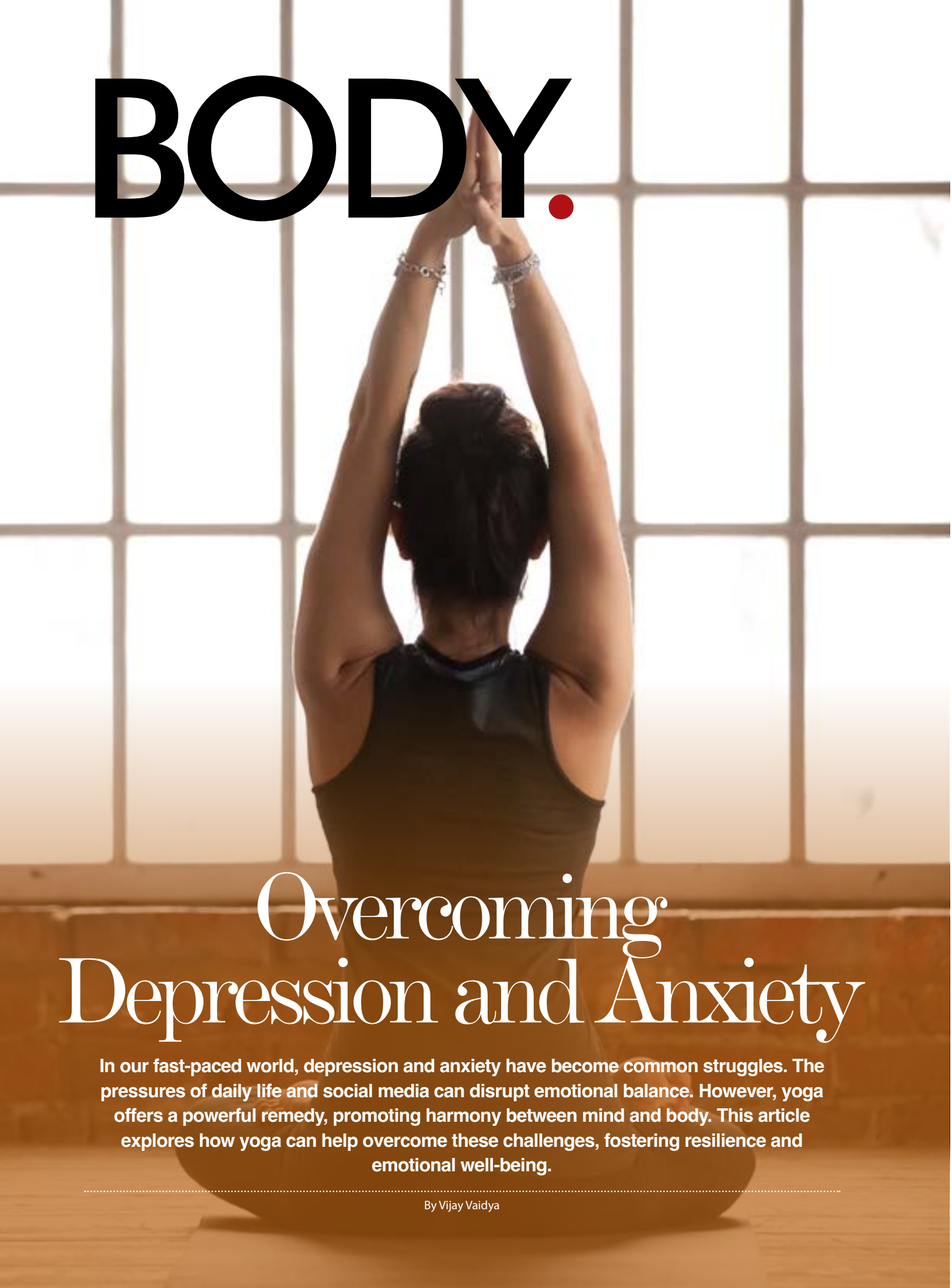
THANK YOU
for being a part of
our delicious 21 years of journey



Scan to order
cake online



Kandevatasthan, Lalitpur
Ph: 9766389200, 5180185

A person is shown from behind, performing a yoga pose with arms raised and hands clasped above their head. They are wearing a dark tank top and have their hair in a bun. They are standing in front of a large window with a grid pattern, through which bright sunlight is streaming, creating a warm, golden glow. The person is wearing silver bangles on both wrists.

BODY.

Overcoming Depression and Anxiety

In our fast-paced world, depression and anxiety have become common struggles. The pressures of daily life and social media can disrupt emotional balance. However, yoga offers a powerful remedy, promoting harmony between mind and body. This article explores how yoga can help overcome these challenges, fostering resilience and emotional well-being.

By Vijay Vaidya

Depression and anxiety have recently become common problems, as lives have become fast-paced, and we are all overexposed to social media, where lifestyle comparisons are rife. A clear understanding of yoga, along with its principles and practices, can lead many to believe that everyone can live a life of emotional balance. According to one yoga practitioner, “Chronic stress, multitasking, the pressure to have it all, and a value system that emphasizes achievement over self-care make emotional imbalance, more common in the modern human experience.”

No one has seen a depressed toddler or a young child who appears apprehensive about the future. We all need to return to that simple, childlike state. With the right knowledge and effort, people can rediscover how to restore harmony and balance through learning to breathe and move properly. Without a concrete way to counteract negative thoughts, emotional imbalances may manifest in various forms, such as low self-esteem, constant worrying, insomnia, and a general sense of malaise. If this mindset persists, it will breed a continuum of emotional imbalance.

The common definition of depression includes a general sense of helplessness resulting from a self-perception of inadequacy, wherein the person feels powerless to control his or her life. All the information from the social environment is processed in the brain. Experts provide another insight into this mental health issue, pointing out that depression is



The end goal of yoga is to create balance. With yoga, the body becomes more flexible, which correlates with the mind becoming more flexible and open to embracing change. A flexible mind is unafraid of the unknown.

imminent if a person exhibits five out of the following nine symptoms:

- Low mood
- Loss of interest or pleasure in almost all usual activities
- Increase or decrease in appetite or weight
- Changes in sleep patterns (either insomnia or sleeping too much)
- Changes in the rate of physical activity (moving very slowly or becoming physically agitated and fidgety)
- Feeling tired
- Feeling worthless or excessively guilty
- Difficulty concentrating or making decisions
- Recurrent thoughts of death or suicide.

Harmonizing Mind and Body

Yoga understands the union between mind and body. It is through this union and balance that the body can heal the mind. “Like musicians performing a duet, the mind and body can compose countless variations on the themes of anxiety and depression.” This paradigm illustrates how yoga’s power

can be harnessed to heal a troubled mind.

An overview of depression and anxiety reveals that part of the root cause is the inability of the body to get adequate rest and the toxic effect of negative thoughts. Yoga’s basic principle is the harmony of the two. If the body is rested, the mind is rested; if the mind is rested, the body is rejuvenated. When the mind is tired, the body also feels exhausted.

Yoga is one of the best ways to address the problems that plague both mind and body. The physical aspect of yoga strengthens the body, protecting it from injury and burnout while regulating various bodily systems. Simultaneously, it helps release the mind from negative emotions. The end goal of yoga is to create balance. With yoga, the body becomes more flexible, which correlates with the mind becoming more flexible and open to embracing change. A flexible mind is unafraid of the unknown. This insight relates to what Eckhart Tolle espouses in his book *The Power of Now*, where he explains that he lives in the

moment and cherishes what he has, never worrying or allowing his mind to dwell on what the future might bring.

Yoga practitioners strive to create harmony, balance, and union between mind and body. They claim that regular yoga exercises and breathing techniques can calm both the mind and body. Yoga addresses anxiety and depression, but practitioners must realize that a few breathing and stretching exercises cannot immediately turn things around. One must not expect a miracle overnight. A more practical approach is to view yoga as a lifestyle. Consistent practice is recommended, and if a person is willing to learn these different principles, anxiety, and depression will have little effect on his or her life.



Vijay Vaidya, a certified Ashtanga vinyasa teacher, has taught over 1000 students worldwide, including in Nepal, Bali, Vietnam, and Copenhagen. He specializes in Ashtanga yoga, including hip opening, hand bal-ance, inversions, back bending, power Ashtanga, restorative yoga breath work, and pranayama, ensuring correct asana execution.

Nourishing Traditions

ENJOYING DASHAIN & TIHAR
WITH HEALTHY NEPALI FOODS

Are you ready to celebrate Dashain and Tihar without compromising your health? As these vibrant festivals approach, they bring an array of delicious traditional Nepali foods that can be both festive and nutritious. In this article, nutritionist Anjali Goel shares practical tips for enjoying these special occasions while making healthier choices, allowing you to indulge in the rich flavors of Nepali cuisine and celebrate with vitality.

By Anjali Goel, Nutritionist

As Dashain and Tihar approach, our homes fill with festive energy, love, and, of course, delicious food. These festivals are not just a time for celebration but also an opportunity to enjoy traditional Nepali delicacies. While it's tempting to indulge in all the rich, flavorful dishes, we can still maintain a healthy balance. Incorporating nutritious, wholesome Nepali foods can help you celebrate without compromising your health.

Here are some tips on how you can enjoy a health-conscious Dashain and Tihar with the best of Nepali cuisine:

Choose Healthier Alternatives of Traditional Foods

Nepali food is naturally rich in nutrients, but during the festive season, recipes often get heavy with excess ghee,

sugar, and fried ingredients. You can make slight modifications to enjoy them in a healthier way:

- **Sel Roti:** Instead of deep frying, try shallow frying in healthier oils like coconut or mustard oil. You can also use brown rice flour or buckwheat flour for added fiber.
- **Yomari:** This traditional sweet is made of rice flour and stuffed with chaku (jaggery). Jaggery is a better alternative to refined sugar, and yomari can be steamed, making it a healthier dessert choice.

Embrace Local Grains

Nepali grains like millet (kodo), buckwheat (phapar), and barley (jau) are packed with nutrients, fiber, and antioxidants. These grains have been used in Nepali kitchens



NEW! SUNSILK

WITH ACTIVE MIX YOU ARE READY TO SHINE



NOW ALSO AVAILABLE IN CONDITIONERS

for centuries and offer numerous health benefits.

- Millet Rotis or Buckwheat Pancakes (Phapar ko roti) are excellent sources of fiber and are gluten-free. These can easily replace refined-flour dishes, keeping your meals lighter and more nutritious.
- Barley Soup (Jau ko jhol) is a simple, nutritious dish often overlooked during festivities, barley soup can be served as a light, wholesome starter or even as a main course with seasonal vegetables.

Load Up on Vegetables

Nepali cuisine offers a variety of delicious vegetable dishes that are perfect for balancing heavier festival foods. Some traditional healthy options include:

- Gundruk ko jhol (fermented leafy greens soup): Rich in probiotics, this soup supports digestion, especially after consuming heavier festive foods.
- Aloo Tama: A classic Nepali dish made from bamboo shoots, potatoes, and black-eyed peas. Instead of using too much oil, prepare it with minimal fat, enhancing the health benefits of bamboo shoots, which are high in fiber and low in calories.
- Saag (Spinach or Mustard Greens): Easily available and rich in iron, saag is a perfect dish to accompany heavier items. Stir-fry them with garlic and a little olive or mustard oil for a

↓

Sweets are a huge part of Dashain and Tihar, but they don't always have to be overly indulgent. Opt for traditional sweets like til ko laddu made with natural sweeteners like jaggery. Chaku and khoa are also excellent alternatives that provide energy and nutrients.

nutritious side.

Moderate the Use of Ghee and Oils

Ghee is an integral part of festive cooking, and while it has its health benefits when used in moderation, excessive use can lead to weight gain and cholesterol issues. Instead of eliminating it, use it sparingly. Consider cooking with healthier oils like mustard or sunflower oil when possible.

Opt for Nuts and Seeds

During Tihar, bhai tika is incomplete without a variety of dry fruits. Almonds, walnuts, and seeds like pumpkin and sunflower seeds are excellent sources of healthy fats, protein, and fiber. Offer these as snacks instead of sweets or deep-fried foods.

Stay Active During the Festivities

While Dashain and Tihar are all about family gatherings and relaxation, don't forget to stay active. You can incorporate physical activity by walking after meals, playing with children, or even helping

out with the preparation of festive meals. These small activities can aid digestion and help manage calorie intake.

Celebrate with Hydration

It's easy to forget to hydrate when caught up in the festivities. Traditional drinks like lassi (yogurt-based drink) or masala tea can be enjoyed in moderation, but always prioritize water. Drinking enough water helps detoxify your system and keeps you feeling full, which can prevent overeating.

You can also prepare jaulo, a traditional Nepali porridge made with rice, lentils, and ghee, which is easy on the stomach and perfect for children and the elderly.

Sweetness in Moderation

Sweets are a huge part of Dashain and Tihar, but they don't always have to be overly indulgent. Opt for traditional sweets like til ko laddu (sesame seed balls) made with natural sweeteners like jaggery. Chaku and khoa (thickened milk) are also excellent alternatives to refined sugar-

heavy sweets. They provide energy and nutrients but should be consumed in moderation.

Dashain and Tihar are times to celebrate the richness of Nepali culture, and food is an essential part of these celebrations. By making a few smart, health-conscious choices, you can enjoy all your favorite dishes while maintaining your health and well-being. Incorporating local, nutrient-dense ingredients and practicing mindful eating will allow you to fully embrace the spirit of the festivals without feeling weighed down.

This festive season, let's enjoy the warmth of family, the beauty of tradition, and the nourishment of healthy, delicious food. Wishing you all a joyous and healthy Dashain and Tihar!



Anjali Goel, a clinical and sports nutrition consultant, offers personalized nutrition services to Nepalese and the Nepalese diaspora worldwide. Her brand, Nutrimantra, focuses on creating customized nutrition plans tailored to individual health goals and lifestyle habits, using ingredients and cuisine from the Nepali Kitchen.

 How do you want your skin to feel?



Soap dries.



 Dove doesn't.



moisturising
cream



has
plant-based
cleansers^



pH balanced
formula



no sulfate
cleanser

Skincare Routine for a Radiant Festive Look

Want glowing skin for the festive season? This article offers essential skincare tips to help you shine during Dashain. Discover simple pre and post-makeup routines, including cleansing, exfoliating, and nourishing your skin. Embrace the festive spirit with a radiant complexion, ensuring you're ready to celebrate with loved ones!

By Punam Shrestha

Dashain is my absolute favorite time of year to pamper my skin and get it glowing for all those beautiful festivities! The cozy family gatherings, delicious feasts, and the excitement of dressing up were always the highlights. I'll admit, back then, I used to rush through my makeup, piling it on without much thought. But over time, I've learned that a glowing makeup look starts with good skin. Trust me, when your skin is healthy, you can keep your makeup light and just enhance your natural beauty.

As the festive season approaches, bringing with it a slightly colder chill in the air, I make sure to give my skin some extra TLC so it's prepped and radiant. It's all about a simple yet effective skincare routine. Let me share my favorite pre- and post-makeup skincare steps that keep me looking my best during this season!

Pre-Makeup Ritual

Step 1: Cleanse

I kick things off with a pH-balanced, hydrating cleanser to keep my pores squeaky clean and prevent breakouts. Because clean skin is the secret to smooth makeup application!

Step 2: Exfoliate (twice a week)

Exfoliating twice a week is essential for that glow. It boosts cell renewal and circulation while gently removing dead skin cells. I stick to exfoliating just once or twice a week because overdoing it can cause damage.

Step 3: Face Masks (once a week)

For an extra boost, I adore using a face mask to absorb oil and dirt. It leaves my skin feeling tighter, smoother, and totally ready for makeup.

Step 4: Hydrate

Even in colder weather, I always apply a light moisturizer or serum. This

step keeps my skin plump and dewy, ensuring that my makeup applies smoothly without looking cakey!

Pro Tip: Don't forget to apply sunscreen even if it's cloudy outside!

Post-Makeup Ritual

Step 1: Double Cleanse

I remove my makeup with an oil-based cleanser first, then follow up with a water-based one to ensure every bit is gone.

Step 2: Nourish

At night, my skin goes into repair mode, so I apply a serum or cream to tackle specific concerns. This step is non-negotiable for healthy skin!

Dashain is a time for reconnecting with family, and there's something special about the festive atmosphere—whether it's the laughter shared while making tika or the joy of indulging in delicious traditional meals. The vibrant colors of our traditional attire inspire me to bring that glow into my skincare routine.

So, as you enjoy festivities with your loved ones, don't forget to take care of your skin. With glowing skin and stunning makeup, you'll be ready to celebrate all the love and blessings this festival brings! Take care, lovelies!



Punam Shrestha, an entrepreneur with over 21 years of experience in the beauty industry, began her journey at Poonam Beauty Home & Training Centre. Today, she manages Poonam Beauty Academy in Kathmandu and has introduced several world-class products and procedures in Nepal.



AMINU

featuring your **Festive Essentials**

For your journey towards healthy skin, filled with knowledge and heartfelt care.

Minimalistic formulas, multi-functional solutions, and a deep commitment to healthy, radiant skin!



Poonam Beauty Academy
pbanepal.com

@aminu.lifenepal
marketing@pbanepal.com

+977985-7065946
+977 980-2351797

Post Festive Detox

HOW TO BEAT THE FESTIVE BINGE?

Ready to enjoy the upcoming festivities without the guilt? As celebrations approach, it's easy to overindulge, leaving you craving a reset afterward. This guide will help you prepare your body for the festivities, ensuring you stay vibrant and energized. Get ready to celebrate while keeping your health in check!

By Sonal Talegaonkar

As the year draws to an end with a burst of festivities, many of us indulge a bit too much during the celebrations. The excesses of the holiday season can leave you yearning for a reset, especially when it comes to your gut health. Here are a few signs that indicate it's time to plan a detox for better health:

- Tongue with a layer of coating
- Excessive lethargy
- Weight gain
- Body pain
- Bad breath
- Water retention and puffiness
- Flatulence
- Constipation or other digestive issues

HOW IMPORTANT IS HYDRATION IN A DETOX PROCESS?

Drinking water is the best way to flush toxins out of vital organs. You must drink at least two liters of water daily to maintain hydration. Since you may have consumed excessive sodium (found in junk and fried foods) and alcohol during the festive season, your body may become dehydrated, making it even more crucial



to increase your water consumption.

WHY YOU MUST DO A POST-FESTIVAL DETOX

To Regulate Your Body Weight:

Most people gain weight after festival times. Starting a detox diet and eating light can help you reduce your weight.

Remove Excess Sugar from Your System

Consuming more sugar leads your body to demand more insulin, which strains your pancreas. In the long term, this can cause chronic fatigue, diabetes, and weight gain.

Remove Toxins from the Body

Pollution levels are alarmingly high this time of year, affecting your metabolism, immune system, and potentially leading to heart disease and strokes. Detox helps improve your body's natural functions.

Restore Your Body's Balance

A poor diet and lack of exercise can cause a toxic build-up, resulting in fatigue, sinus issues, muscle aches, headaches, bloating, gas, sleep

SWOSTISHREE GURUKUL IB WORLD SCHOOL



International Schools Association



Primary Years
Programme



Middle Years
Programme

Our school has excelled in offering
IB PYP and MYP programs, and we're excited now to be

A CANDIDATE SCHOOL FOR

IBDP

SOON TO BE IB CONTINUUM SCHOOL!

SWOSTISHREE GURUKUL

Nagarjun Municipality-2, Sanobharyang, Kathmandu, Nepal

977-1-4890314, 4890316

info@swostishreegurukul.edu.np | www.swostishreegurukul.edu.np

problems, water retention, and weight gain. Detox by making the right food choices and exercising to reboot your body.

FEW DETOX TIPS

Hydrate Well:

Increase your water intake to flush out toxins. Dehydration exhausts you and affects your skin.

Eat Fresh Fruits and Veggies

These are full of vitamins and minerals essential for your body. Fiber in fruits and veggies will help bring your digestive system back on track.

Nuts and Seeds

Dry fruits and nuts are packed with protein, minerals, healthy fats, and antioxidants. Snacking on these helps prevent junk food cravings.

Exercise

Start slow with your exercise routine. Choose an activity that suits you, whether it's jogging, cycling, gym workouts, running, or Pilates.

Eat Probiotics

Probiotics are essential for good gut health. Include foods like curd and kefir in your diet.

Avoid Artificial Sugars

These contain empty calories that can lead to weight gain and other health issues.



The third level, Asana, involves physical poses and marks a commitment to understanding yoga as a lifestyle. As practitioners progress to the fourth level, Pranayama, a whole new world of possibilities opens up for those seeking help with depression and anxiety.

Eat Light

After days of heavy eating, opt for lighter foods like khichdi, porridge, soups, and salads to ease your digestive system.

Avoid Processed Foods

These are loaded with fat, sugar, hydrogenated oils, salt, and excessive calories. Staying away from them will help cleanse your system.

Green Tea and Herbal Teas

These can help with bloating, indigestion, and constipation.

COMMON DETOX MISTAKES AND HOW TO AVOID THEM

- Thinking a detox plan is a way to balance poor eating habits.
- Going on detox diets too often.

- Adopting very low-calorie diets (lower than 600 kcal per day).
- Consuming excessive herbal detox teas (which can result in diarrhea—not effective detox).
- Starving or skipping meals to detox.

EASY AND EFFECTIVE DETOX FOODS OR DRINKS

Lemon: A rich source of antioxidant Vitamin C, lemon helps detoxify the blood and supports liver and kidney function.

Sulfur-Containing

Vegetables: Crucial for detoxification, sulfur-rich foods include garlic, onion, and cruciferous vegetables like kale, cauliflower, and broccoli.

Artichoke: Packed with nutrients, artichokes help the liver produce bile, aiding in fat digestion and toxin removal.

Asparagus: Contains glutathione, promoting detoxification, and is rich in fiber and vitamins.

My Personal Favorite Detox Juice:

- 2 stalks of celery
- Handful of baby spinach
- Half a piece or less of ginger
- 1 green apple
- 1 cucumber
- Half a lemon

Drink this on an empty stomach daily or at least three times a week. Avoid it if you have a history of high blood pressure, cardiovascular disease, or kidney disease.



MS. SONAL TALEGAONKAR
Sonal's Nutrofit
Clinical Nutritionist
(Post-graduation in Clinical Nutrition, Mumbai University, India). Find us on Instagram & Facebook (sonalsnutrofit)

SONAL'S
NUTROFIT
Eat Right, Not Less

Nutrition plans for Diabetes,
PCOS, Fatty Liver, Weight gain,
Obesity, Thyroid ailments,
Hormonal Imbalances,
Pre & Post natal and more

Ms. Sonal Talegaonkar
Clinical Nutritionist

Email id: sonalsnutrofit@gmail.com

sonalsnutrofit

+91 9967707378

+977 9861556858





Avata Wellness Center

ANCIENT SECRETS TO REDUCING STRESS THROUGH SHIRODHARA MASSAGE AT AVATA

Life can feel overwhelming, with stress building up from all directions. But there's an ancient remedy that can help. Shirodhara massage, rooted in the 5,000-year-old wisdom of Ayurveda, offers a path to peace and restoration.

Shirodhara, from the Sanskrit words shiro (head) and dhara (flow), is a deeply soothing therapy where warm, herb-infused oil is gently poured over the forehead. It's known to help with anxiety, insomnia, high blood pressure, and even migraines. This therapy nourishes the nervous system, clears the mind, and helps you find your center in the chaos of modern life.

At Avata Wellness Center, we combine this ancient technique with our personalized care to create a truly healing experience. Our spa is a sanctuary where you can slow down and reconnect with yourself, guided by expert therapists in a peaceful environment. More than just a massage, Shirodhara at Avata is about embracing tranquility, enhancing mental clarity, and nourishing both body and mind.

Come, take a break. Let Shirodhara melt away your stress and leave you feeling refreshed and renewed.

Book your Shirodhara experience today at Avata Wellness Center. For inquiries and reservations:
Avata Wellness Center, Baluwatar, Kathmandu
01-4546358/59, +977-9802332347

HOME.

Creating a Zen Space

YOUR SANCTUARY OF CALM AMIDST CHAOS

In today's fast-paced world, finding peace can be challenging due to work and remote work. To disconnect from the daily grind, creating a zen space at home can offer a sanctuary of calm. Decluttering, using natural elements, and incorporating plants can create a serene environment. Light, stillness, and peaceful items can further enhance the Zen state.

By Malika Joshi

In today's fast-paced world, where work seems to follow us home through emails, calls, and the demands of remote working, finding a moment of peace can feel almost impossible. We're constantly chasing our dreams, juggling deadlines, and multitasking, which leads to increasing levels of stress. Our homes, once a haven, have also become our offices, blurring the lines between relaxation and work. To truly disconnect from the daily grind and reconnect with ourselves, creating a Zen space within the home can offer a much-needed sanctuary of calm.

A Zen space is more than just a quiet corner—it's an intentional environment designed to evoke tranquillity and mindfulness. It allows you to step away from the rush of everyday life and immerse yourself in moments of relaxation and reflection. Even a small zen state nook in your bedroom can provide a peaceful retreat where you can breathe, unwind, and be

in tune with your mind and body.

To begin, decluttering is key. A cluttered space creates a cluttered mind. Keeping your Zen area simple and minimalistic with only the essentials—soft cushions, neutral colors, and natural

elements—fosters a sense of calm. Incorporating plants can also enhance the serenity, as greenery is known to reduce stress and boost mood.

Lighting plays a crucial role in achieving a Zen atmosphere. Soft, natural light is ideal, but

if that's not possible, warm ambient lighting can create a soothing environment. Scented candles or essential oils like lavender or sandalwood add an extra layer of relaxation, helping you unwind as you step into the space.

Your Zen space should also incorporate some stillness. Having a comfortable chair or mat for meditation, journaling, or just quiet reflection is essential. Surround yourself with items that bring peace - favorite book, soft music, or even a small water fountain to enhance the zen state.

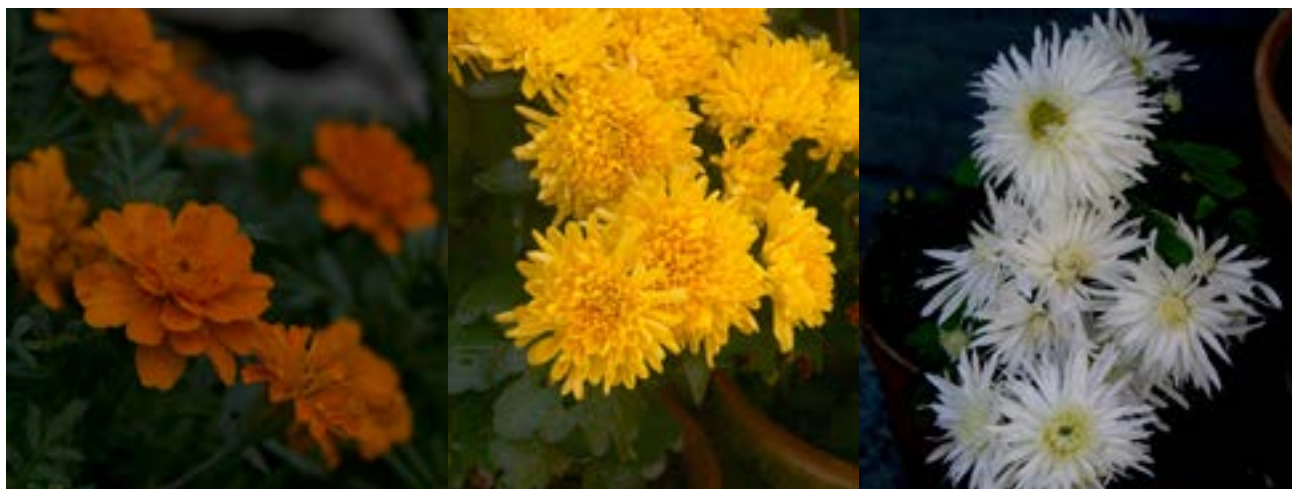
Ultimately, this sacred space becomes a gateway to living a more stress-free life. In a world where we're constantly connected to work and obligations, having a Zen space at home allows us to disconnect from the noise and reconnect with our own selves.





Experience Luxury
SILK
Finish





A Floral Affair

ROLL OUT THE DRUMS FOR MARIGOLDS AND CHRYSANTHEMUMS!

As autumn's vibrant hues arrive, Dashain and Tihar draw near, inviting celebrations adorned with stunning Marigolds and Chrysanthemums. These beautiful blooms not only enhance our festive traditions but also hold deep cultural significance and healing properties. Discover how these flowers can brighten your celebrations and enrich your connections this season!

By Mamta Khatri, Green Owl

The most important festivals of the year are here, marking the Autumn season. To me, Autumn is the shortest season of all; you never quite know when winter quietly slips in. With smaller festivals like Teej and Indra Jatra slowly building up to the main event, Dashain, nature is also slowly but

surely adding her colors to the upcoming celebrations.

The vibrant yellow and saffron Marigold flowers play a vital role in our culture. Imagine how dull October would be without these blooms! They weave their way into almost every celebration and could well be marked

as the symbol of tradition, devotion, spirituality, and joy. Beyond their beauty, Marigolds possess medicinal properties related to boosting immunity and enhancing skin health. They are believed to bring good luck, promote healing, and protect against negative energies. Is it any wonder why we exchange Marigold

garlands at weddings and adorn our deities and doorways during Dashain and Tihar? Why do we cover our loved ones with Marigold blooms as we bid them a final goodbye?

Whether you grow them in your garden or enjoy them as part of your diet, these flowers are truly a gift from



nature. So, the next time you see Marigolds blooming, remember their potential goes far beyond their beauty. Growing Marigolds is simple and rewarding. They are easy to cultivate and require minimal care, making them perfect for beginners. Marigolds thrive in full sun and benefit from balanced fertilizers, typically with an NPK ratio of 10-10-10. Once they establish a strong root system, they barely require additional nutrients. Aim for at least 6 hours of direct sunlight daily. One of the benefits of Marigolds is their ability to repel pests like aphids and nematodes. To encourage more flowers, regularly deadhead spent blooms.

With just a little bit of care, you can enjoy their beauty

and benefit from their healing properties. So, grab some seeds or seedlings today and wait for the colors to brighten up your green space.

Our Dashain and Tihar would not be the same without the stunning 'MUMS'!

Chrysanthemums—how beautiful they are!

Their vibrant colors and unique shapes make them a stunning addition to any garden. Chrysanthemums thrive in well-drained soil. Keep the soil moist and use a balanced fertilizer every few weeks during the growing season. Remove spent blooms to encourage new ones, and watch out for aphids and spider mites. I spray my plants with a

natural Neem oil spray to keep the pests at bay.

Chrysanthemums are more than just beautiful blooms. In Hinduism, like Marigolds, they carry spiritual significance, cultural traditions, and healing properties. Their presence is believed to invite positive energy and blessings from deities. These flowers add color and fragrance, enhancing the festive atmosphere. Their role in rituals enriches the traditions that continue to thrive today.

Chrysanthemums also possess medicinal qualities. In traditional Ayurvedic practices, they help boost immunity and promote relaxation. Whether enjoyed as a tea or used topically, this beautiful flower deserves

a place in your wellness routine. This dual role as both a decorative flower and a natural remedy adds to their importance in our culture.

The connections between flowers and culture are profound. They enrich our lives through symbolism, rituals, art, and healing practices. They serve as a bridge between cultures past and present.

The Green Owl family wishes you a vibrant festive season ahead. Dashain is not just about rituals; it is about connection and love. May this festival bring new beginnings and endless opportunities into our lives.

SUPER LUXURY
INTERIOR EMULSION





Prosperous Entrance

The vibrant festival of Tihar welcomes wealth goddess Laxmi and her blessing into the house. So, it's the perfect moment to optimize your home's entrance according to Vastu Shastra and scientific principles. Madhav Mangal Joshi presents a detailed guide to designing an entrance door that harmonizes celestial and earthly energies, ensuring a prosperous and balanced home.

By Madhav Mangal Joshi

Strategic Placement of the Entrance Door

For Level Land, begin by standing outside and locating the exact center of your plot. Place the entrance door on the right side of this central point for optimal energy flow. The northeast and northwest corners are highly recommended for door placement.

For Tilted Land, measure the tilt angle of your property carefully from the center of the plot. Position the door within the optimal angular range to benefit from both astrological and scientific perspectives. For a north-facing house, aim to place the door between 165 to 180 degrees from the center. For an east-facing house, the ideal range is between 75 to 90 degrees, and similarly, adjust for south (165 to 180 degrees) and west (255 to 270 degrees) orientations.

Ideal Placements

Ideal Locations:
The northeast and northwest corners are most auspicious. The northeast corner channels life force energy, fostering health and harmony, while the northwest corner attracts geomagnetic energy that supports prosperity and stability.



Upon opening the door, avoid facing a plain wall. Instead, enhance this area with images of deities, scenic views, or a mini water fountain to instill a sense of peace and welcome.

Less Favorable Locations

Avoid placing the entrance in the southwest or south corners. These locations may cause energy to dissipate, leading to financial difficulties and emotional challenges, such as insecurity and fear.

Design Considerations for Positive Energy

- Ensure no obstructions like poles or trees block the entrance door, as they can impede energy flow.
- Upon opening the door, avoid facing a plain wall. Instead, enhance this area with images of deities, scenic views, or a mini water fountain to instill a sense of peace and welcome.
- Prefer two-shutter doors over single-shutter ones to facilitate a balanced flow of energy. The door should open inward to retain positive energy within the home.

- Embrace traditional practices like placing a brass pitcher (kalash) filled with water and adorned with marigolds or floating candles. This ritual harmonizes the Pancha Tattva, balancing elemental energies.

Additional Design Tips

- Conceal toilet doors visible from the entrance through thoughtful interior design.
- Avoid placing mirrors directly opposite the entrance to prevent energy from reflecting out.
- Ensure the door opens smoothly without creaking to maintain a harmonious energy frequency.
- Avoid having three doors visible simultaneously, which can be inauspicious. Use wind chimes or mirrors to mitigate any negative energy if necessary.

By integrating these Vastu and scientific guidelines into your entrance door design, you create an inviting space that not only welcomes Goddess Laxmi but also nurtures prosperity and well-being throughout the year.



Dr. Madhav Mangal Joshi
Ph.D. degree holder in Vaastu Sastra, past president of the Nepal Astrologers Association, and currently co-chair of the world's astrology association. More than 30 years of experience in astrology.

Contact details:
9851037818

TRAVEL.

FESTIVE FAMILY FUN

Find Your Festive Oasis!

Looking for the perfect family getaway this festive season? Smart Family Magazine has you covered! Each destination offers a unique blend of relaxation and adventure, perfect for creating lasting memories together. From serene lakeside views to thrilling outdoor activities, these resorts cater to every smart family's desire for quality time and celebration. Join us as we explore these idyllic retreats, ensuring your holiday season is filled with warmth, togetherness, and unforgettable experiences.





Discover Serenity This Dashain and Tihar at Aagantuk Resort

Escape the chaos of city life and immerse yourself in the tranquil beauty of Banepa. At Aagantuk Resort, we invite you to embrace the festive spirit of Dashain and Tihar in our serene surroundings, where nature meets luxury.

This holiday season, let us take care of your precious moments. Enjoy exclusive rates and exceptional facilities designed to make your stay unforgettable. Whether you're seeking a peaceful retreat or a place to celebrate with loved ones, Aagantuk Resort is your perfect getaway.

Join us in celebrating the joy of togetherness and create cherished memories that last a lifetime. Book your stay today and experience the magic of Dashain and Tihar at Aagantuk Resort!



Dhulikhel Lodge Resort



With over 31 years of experience, Dhulikhel Lodge Resort offers a selection of thoughtfully designed signature suites and deluxe rooms, each exuding an ambiance of sophistication and comfort. The modern traditional Nepali aesthetics, create a harmonious blend that ensures your stay is not just comfortable but also rejuvenating.

Unwind with a range of treatments, massages, and wellness therapies, tailored to revitalize your body, mind, and spirit, and explore the natural beauty of the Himalayas with our guided trekking and hiking tours, allowing you to immerse yourself in the stunning landscapes, cultural experiences, and adventurous activities that the region has to offer.

FESTIVE OFFER

- Starting from Rs.9000 onwards for couple
- Deluxe room on Breakfast
- Dinner for two
- Swimming access
- Valid till 16th October 2024
- Exclusive Offer for Groups!
- Free Transportation for groups of 6 or more guests.
- 10% Discount on all services Room, Food and Beverage, Spa



Dhulikhel Lodge Resort
Dhulikhel, Nepal
For Reservation:
9801002121 / 011490114

Riverside Springs Resort

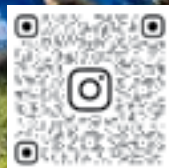
Nestled along the tranquil banks of the Trishuli River and surrounded by lush greenery, Riverside Springs Resort offers a peaceful escape just 102 kilometers from Kathmandu, midway to Pokhara, and a short drive from Chitwan National Park.

Our accommodations range from deluxe rooms to cozy cottages and dormitories, designed to provide comfort and a restful stay for families, friends, or spontaneous travelers. Riverside Springs blends nature with calm surroundings, offering the ideal balance of serenity and warmth.

During your stay, take time to explore our organic farm, where we combine traditional raithaane methods with modern practices to cultivate fresh, seasonal produce. Our guided farm tours offer a chance to connect with the land and see how the produce from our farm make their way to your table.

Unwind in the natural springwater pool, or venture out for rafting, birdwatching, and hiking - all just a stone's throw away.

At Riverside Springs Resort, life slows down, inviting you to reconnect with nature and rediscover a sense of calm. Whether it's quiet moments or outdoor adventures, we aim to provide you with a rejuvenated and renewed experience.



Riverside Springs Resort Pvt. Ltd.
Kurintar, Chitwan.
City Office: Sanepa, Lalitpur
Tel: 00977 1 5444263, 5446696
E-mail: sales@rsr.com.np
Website: www.rsr.com.np

Hotel Sarowar, Pokhara



This festive season, why not retreat to the enchanting embrace of Hotel Sarowar? Set against the breathtaking backdrop of Lakeside, Pokhara, this upscale haven beautifully melds the rich warmth of Nepali culture with exceptional hospitality.

Whether you're splashing around in the Sarowar Pool or letting your kids explore the fun-filled play area, there's something for everyone to enjoy. After a day of laughter and adventure, indulge in some well-deserved pampering at our Tranquility Spa or savor delicious meals at Swadsadan Restaurant. Also sky bar and lounge on a tall building offers panoramic city views both day and night. The modern, cozy ambiance features comfortable seating arrangements. The combination of delicious food, refreshing drinks, and captivating views creates an unforgettable experience at this sky bar and lounge.

Make this festive season special for your family by choosing Hotel Sarowar as your getaway. For more information, simply scan the QR code or reach out through the contact details provided below. We can't wait to hear about your unforgettable experiences!



HOTEL SAROWAR
14th Street Sarowar Road-15,
Lakeside, Pokhara - 6, Nepal
For reservation:
+977 9802852686/87
E-mail:
salesktm@hotelsarowar.com

Raniban Retreat



This festive season, Raniban Retreat offers an ideal getaway for families looking to relax and create cherished memories. Perched on a hilltop, the retreat boasts stunning panoramic views of the Himalayas, Fewa Lake, and the World Peace Pagoda, providing a tranquil backdrop for a family holiday. With activities like sunrise hikes, mountain biking, and village visits, there's plenty to explore together.

Families can unwind in cozy, well-designed rooms, enjoy the infinity pool, or indulge in a soothing Ayurvedic spa treatment. For those who love a little adventure, rafting, fishing, and zip-lining options are also available. The retreat's themed evening meals and outdoor campfires create the perfect setting for bonding.

Raniban's warm hospitality, breathtaking landscapes, and diverse activities make it a must-visit destination for families seeking both relaxation and adventure this festive season. Whether staying for a day or longer, every moment promises to be enriching and memorable.

FESTIVE OFFER

- Rs. 18,000 nett
- Premium Sunrise Jacuzzi Room for Couple
- Welcome Drinks
- Breakfast & Dinner
- Swimming Pool Access
- 10% off on FNB



World Peace Pagoda, Raniban Retreat, Pokhara, Nepal
+9767470541
reservations@raniban.com



Rupakot Resort



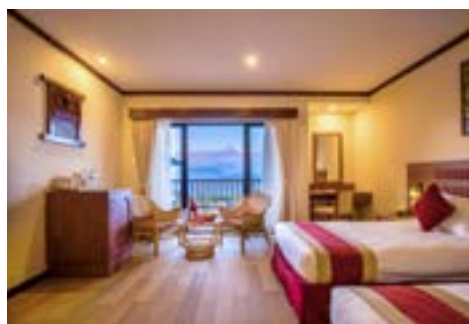
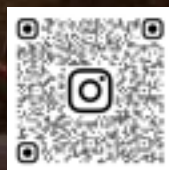
This festive season, Rupakot Resort is the ideal destination for those seeking a peaceful and luxurious escape. Nestled in the scenic hills of Rupakot, the resort offers breathtaking views of Phewa, Begnas, and Rupa Lakes, with the magnificent Himalayas in the background. Its serene environment provides the perfect setting for couples or families to relax and reconnect with nature.

Spacious rooms with private balconies allow guests to enjoy stunning sunrises and sunsets in complete comfort. The infinity pool, overlooking the tranquil landscape, is perfect for both relaxation and fun. For those seeking adventure, the resort offers nearby hiking trails and cultural tours of traditional villages, giving visitors a chance to explore Nepal's rich heritage.

Rupakot Resort's blend of nature, modern luxury, and cultural experiences makes it a unique destination for a romantic getaway or a family retreat. This festive season, treat your loved ones to a memorable escape where every moment is filled with warmth, joy, and the beauty of Nepal's countryside.

SPECIAL OFFER FOR COUPLE

- **NPR. 9,999 net/-**
- **1 Night & 2 Days**
- **Deluxe Room for a couple**
- **Welcome Drinks**
- **Buffet Breakfast**
- **Valid till 30 November**



Rupakot Resort Rupakot, Kaski, Nepal
For Reservations:
+977 9801902572, 01-4519039
sales@rupakotresort.com

MARKET.



↑ Godrej launches the “WOW from the Heart” campaign for Dashain and Tihar

Godrej, known for its innovative, energy-efficient, and eco-friendly products, has launched the "Manaidhekhhi WOW" campaign targeting Dashain and Tihar festivals in Nepal. The campaign aims to spread happiness by offering real cashback and guaranteed gifts to customers purchasing Godrej home appliances. Customers can enjoy up to NPR 31,500 in cashback and various gifts, including free Ariel detergent with washing machine purchases and a free

cooking kit with microwave ovens. The promotion covers products such as single-door and double-door refrigerators, side-by-side refrigerators, chest freezers, microwaves, washing machines, and air conditioners. This limited-time campaign, launched on September 8, 2024, is available across Nepal, with Godrej home appliances distributed by CG Electronics under the Chaudhary Group.



↑ Samsung brings the Microwave Masterclass to Kathmandu

Samsung hosted the Microwave Masterclass at Kathmandu's Silver Oak Banquet on the 11 September, 2024, where participants learnt to make tasty microwave treats under the guidance of the finest professional chef in the country.

The goal of the Masterclass was to promote Samsung's latest Microwave Ovens and introduce them to the audience as a convenient alternative to cooking, by

demonstrating their usability to create some tasty treats that everybody can prepare and enjoy. This was showcased by the master trainer, Mr. Nimesh Ulak who helped the participants effectively use these microwaves as well as giving them special tips and tricks they could apply using the Microwave ovens. The event also had a demonstration for Samsung's AI Ecobubble Washing Machine technology.



← Holiday Inn Express Kathmandu Celebrates 'Giving for Good' Month with a Series of Heartfelt Initiatives

Holiday Inn Express Kathmandu has launched a series of community-focused activities in September as part of its global initiative, Giving for Good Month. The initiative aims to foster connections, support those in need, and make a positive difference in the local community. Each drink ordered at the hotel directly supports a local charity, with the funds raised going towards purchasing stationery and educational materials for underprivileged and orphaned students at Tri-

Padma Vidyashram Secondary School. The hotel team also embarked on a "Hike, Heal, and Clean" adventure, exploring the stunning Shivapuri trails to promote wellness and environmental conservation. On September 27th, the hotel hosted the exclusive "Table of Hope" event, blending live music, exquisite cuisine, and the spirit of giving. These initiatives demonstrate the importance of hospitality for good and the importance of giving back to the community.

FESTIVE OFFER

Dashain, Tihar & Chhath Special

Celebrate the joyous festive season at Landmark Hotels and Resorts with a delightful getaway! Relax and rejuvenate with our exclusive festive packages.

Festive package:

- Luxurious Accommodations
- Delicious Breakfast
- Special Festive Dinner

For Reservations:

+977-1-4004706, 4004707 | info@landmarknepal.com
www.landmarknepal.com

Valid from 1st October 2024 - 15th November 2024

Smart Family Resort Partners

Through collaborative efforts with these esteemed Hotels and Resorts, you can find Smart Family Magazine in the rooms of the resorts. We aim to reach a broader readership, ensuring our magazine is readily accessible to all who seek inspiration, insight, and entertainment.

 The Terraces Resort and Spa Suryabinayak-7, Bhaktapur, Nepal +977 9802322755 info@terracesresort.com	 Soaltee Westend Resort Nagarkot Shantidada - 6, Nagarkot reservation@soaltee.com +977 1 6680244, 9820733273.	 Hotel Mystic Mountain Baluwapati, Nagarkot +977-15913205, 15913206, 9851277701, 14001108, 14526646 info@hotelmysticmountain.com	 Club Himalaya, Nagarkot Windy Hills, Nagarkot, Bhaktapur +977-01-6680080/83/46 info@clubhimalaya.com.np 9801321201 / 9801321203 / 9801321204 info@acehotelsnepal.com
 Landmark Bhairahawa Singapore Colony, Rupandehi Corporate Office: +977-1-4004706, 4004707	 Barahi Jungle Lodge Meghauri, Chitwan Tel : +977 985-1355826, +977 986-6300265 cityoffice@barahi.com, sales@barahi.com bjl@barahi.com	 Riverside Springs Resort Kurintar, Chitwan Tel : 056-410029, 4100501 9801801336 (7am - 10pm) City Office : Palpali Chhen, Sanepa, Lalitpur. Tel : +977-1-5444263, 5446696 Email : sales@rsr.com.np www.rsr.com.np	 Landmark Forest Park Paryatan Marg, Baghmara, Chitwan National Park +977-56-580311, 580241 reservation@landmarkforest.com
 Park Village Resort Budhanilkantha, Kathmandu info@ktmgh.com, info@pvh.com.np, pvhsales@ktmgh.com +977-1- 4375280, 4375279, +977 9851020727	 Gokarna Forest Resort Rajinikunj, Thali, Kageswari Manahara – 5, Kathmandu +977 1 4451212 info@gokarna.net +977 980-1044305	 Haatiban Himalayan Height Resort Pharping, Dakshinkali, Kathmandu +977 980-1309842, +977 01-4914399, 4914800 info@haatibanresort.com	 Kavya Himalayas Mandan Deupur Nagarpalika -2, Nagarkot, Kavre +977 9745617619 reservations@kavyaresortandspa.com sales@kavyaresortandspa.com
 Dhulikhel Lodge Resort Dhulikhel, Kavrepalanchowk 977-11-490114 / 490494 / 490493 977-01-4991353 / 4992964 dldrduhli@gmail.com info@dhulikhellodgeresort.com	 Dhulikhel Mountain Resort Panchkhal Municipality-5, Khawa Kavrepalanchowk +977 011 490660/662/664 info@dmmnepal.com +977 01 4520776/778	 Hotel Country Villa Mandan-Deupur, Nagarkot, Kavre 016680127/28 014006612/13/14 reservation@hotelcountryvilla.com	 Himalaya Drishya Resort Banepa Municipality, View Tower Marg, Kavre, Banepa +977 011-665342/43/44 reservation@himalayadrishyaresort.com +977 9851311441/9851311442 sales@himalayadrishyaresort.com
 Hotel Sarathi Dhulikhel, Kavrepalanchowk +977 11 490884, 9851339531 info@sarathihotel.com	 Rupakot Resort RUPA-6, MAIDAN, KASKI +977-9802832457, +977-9802832460/61 info@rupakotresort.com +977-1-4004687, sales@rupakotresort.com	 Aagantuk Resort Banepa Municipality, View Tower Marg, Kavre +977 011 4904191 20 21 22 +977 9801907536 37, 01-5348157 info@aagantukresort.com	 Landmark Pokhara Lakeside-6, Pokhara +977-61-452908, 453096 reservation@landmarkpokhara.com
 Godavari Village Resort Godavari Municipality Ward No. 3, Taukhel, Lalitpur +977-1-5560675 5560777 5560062 gvrsales@godavarivillageresort.com	 Sarangkot Mountain Lodge Sarangkot, Pokhara sml@barahi.com Tel : +977 985-1355861, +977 985-6067928 cityoffice@barahi.com	 Hotel Barahi Pokhara Lakeside, Pokhara +977-061-450617 cityoffice@barahi.com	 Bhotekoshi Heli Resort and Spa Naya Pool, Bhotekoshi, Sindhu Palchowk +977 1 5900770, +977 1 5900750 info@bhotekoshiheliresort.com

CLC BLOCK

CELLULAR
LIGHTWEIGHT
CONCRETE
BLOCK

CLC BLOCK

CLC is condensed form of Cellular Lightweight Concrete. Also known as Foamed Cement or Light Weight Concrete worldwide with its greater advantages from past 60 years. It is prepared from a precise mixing of cement, sand, foam, water and other additives for accurate mixing without altering its original chemical and physical properties.

NEST CLC BLOCK

Nest CLC Block is manufactured with European technology and with German chemicals, which are developed especially for the building material industry. So it possess unrivalled technical properties and physical characteristics.



LIGHT IN WEIGHT
Nest Block are three times less weight than clay and concrete blocks.



ECO FRIENDLY
Environment-friendly. The production process of Nest Block or its use does not release any harmful effluents to ground, water or air.



FIRE RESISTANCE
Nest Block offers great fire protection. Fire rating of cellular concrete is far superior to that of brickwork or dense concrete.



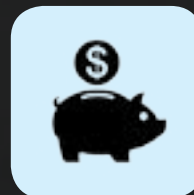
EASY TO HANDLE
Nest Block can be easily sawn, carved, nailed or drilled using ordinary tools.



THERMAL INSULATION
Wide range of Nest Block density gives the builder multiple options for finding the most practical & economical solution.



SOUND INSULATION
Extensive range of Nest Block density offers effective, proven & cost-effective solution to acoustic performance.



MATERIAL SAVINGS
Saves cement, sand & labor cost. Also saves steel cost if building is designed by considering light weight block.



LOWER WATER ABSORPTION
Nest Block contains millions of closed cells which resist moisture and water from passing through it.

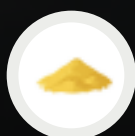
RAW MATERIALS



CEMENT



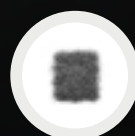
WATER



SAND



FOAMING AGENT



ADDITIVES

Red Meat

Red meat has been a staple in Nepal, especially at festivals like Dashain and Tihar. Despite it being a staple piece Nepalese have been skeptical of consuming red meat due to its surge of conflicting information regarding its health implications. Let's separate the myths from the facts.

By Malika Joshi

Myth: Red Meat Causes Cancer

Fact: While some studies have linked processed red meat to an increased risk of colorectal cancer, the evidence for unprocessed red meat is less conclusive. It's essential to consume red meat in moderation and focus on a balanced diet rich in fruits, vegetables, and whole grains.

Myth: Red meat causes weight gain

Fact: Weight gain results from consuming more

calories than the body burns, regardless of the source. Red meat itself does not inherently cause weight gain. In fact, lean red meat can be part of a weight management plan due to its high protein content, which promotes satiety and helps maintain muscle mass during weight loss. The key is portion control and balancing red meat with other nutrient-dense foods like vegetables, whole grains, and legume.

Myth: All individuals should avoid red meat, especially older adults

Fact: Red meat can be particularly beneficial for older adults, as it provides high-quality protein necessary to prevent muscle loss (sarcopenia) and maintain strength. Additionally, the iron and vitamin B12 found in red meat is essential for cognitive function and preventing anemia, conditions that are more common in the elderly. However, as with all age

groups, the focus should be on moderation, choosing lean cuts, and balancing red meat with other nutrient-rich foods.

Myth: Red Meat is a Major Contributor to Heart Disease

Fact: While excessive red meat consumption can be a risk factor, other lifestyle factors like smoking, lack of exercise, and high blood pressure play a more significant role in heart disease. You can include green vegetables on your plate along with red meat to have healthy diet and to avoid and dietary consequences.

Myth: Plant-Based Diets are Superior to Those Including Red Meat

Fact: Plant-based diet alone cannot provide all the nutrients found in red meat, such as heme iron, and other important proteins. Red meat provides nutrients that are crucial for muscle growth, immune function, and the production of red blood cells and the type of red meat consumed. The key lies in the incorporation of both a plant-based diet along red meat to ensure your body is getting ample nutrients.





YAK&YETI
KATHMANDU

REGAL AFTERNOON TEA

WITH A TOUCH OF TRADITION



12:00 PM - 6:00 PM

For Reservation: ☎ +977-9808349939, 9846269390 | ✉ fnb.reservation@yakandyeti.com



Events Made Extraordinary

Experience the grandeur of Hotel Shanker's elegant event halls,
where heritage meets celebration with a touch of modern luxury.
Call or DM us to place your reservations.



Lazimpat, Kathmandu | 977 1 4510151/152 | shankerhotel.com.np, sales@shankerhotel.com

WWW.SHANKERHOTEL.COM.NP